



Course Information Sheet

2008/9

Course Title:	Yoga	
Course Description	<p>You have probably heard that Yoga is good for you. Maybe you have even tried it and discovered that it makes you feel better. But what are the specific health benefits you can expect from enjoying Yoga regularly?</p> <p>Flexibility, Strength, Muscle tone, Pain prevention, Better breathing, Stress reduction, Body awareness and Mental calmness</p> <p>The class on week 1 and week 6 will last for 1 ½ hrs. The start time will be 7.00pm</p>	
Learning goals	<p>By the end of this course you should be able to:</p> <ul style="list-style-type: none"> • Increase physical and mental strength • Improve flexibility, mobility and muscle tone • Boost fitness and energy levels • Promote better breathing • Help stress release/management • Restore feelings of well being/balance 	
Is this course suitable for you?	This course is designed for the beginner, no experience necessary.	
Assessment/Feedback	Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.	
What should you bring with you to the first session?	Comfortable loose clothing	
Additional costs	<ul style="list-style-type: none"> • None 	
What next?	<p>Subject Specific Courses:</p> <p>By the end of the course it is hoped that you will have gained confidence and started a new hobby.</p>	<p>General:</p> <p>Please see our brochure , visit our website (www.luton.ac.uk) or call us for further details (01582 490033).</p> <p>Luton Adult Community Learning also provides free impartial workshops on learning and work opportunities, these include:</p> <ul style="list-style-type: none"> ○ Job search ○ Interview techniques ○ CV writing ○ Completing application forms ○ Skills check <p>If you require more in depth help and support, please contact us and we will arrange a meeting with either a manager, teacher or learner</p>
Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following:</p> <p>Examination fees; Travel costs; Books & Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p>For further details contact us on 01582 490033.</p>	

