



**Rossett School**

Success for everyone

Rossett Extended School **Adult learning for pleasure courses to suit all tastes and interests**

## Course Information

Tel: 01423 563768 email: [adultlearning@rossettschool.co.uk](mailto:adultlearning@rossettschool.co.uk) [www.rossettschool.co.uk/adultlearning](http://www.rossettschool.co.uk/adultlearning)  
 Adult Learning, Rossett Extended School, Green Lane, Harrogate, HG2 9JP



<b>Yoga For Everyone</b>			
<b>TUTOR</b>	<b>Sue Knight</b>		
<b>DAY OF THE WEEK</b>	<b>Wednesday</b>	<b>TIMES</b>	<b>9.30 - 11.00 or</b>
			<b>11.15 - 12.45</b>

Yoga has been practised for thousands of years to bring stillness to the mind and health and vitality to the body. The practise can bring healing into our lives by re-balancing the nervous system, which is thrown out of balance by the stressful demands of modern living. In the Sanskrit language, the word 'yoga' means union, harmony and balance. The course aims to offer students the experience of the practice of Yoga - a holistic way to unite and balance the mind, body and emotions using exercise through the movements or postures (asanas), breathing (pranayama) and relaxation techniques.

### **This course is for;**

Anyone who would like to experience yoga practice with the aim of easing tension and stress, restoring energy and enhancing general well being. The practice works on all aspects of the person bringing the body back into balance to help address stress, tension, anger and/or depression. It will help students gain a feeling of balance and serenity to enhance well being but it is not to be relied on as 'cure all' for specific physical or mental disorders.

Students will be required to complete a confidential health questionnaire to establish any prior learning and to ensure that any specific needs can be taken into account in lesson planning.

Please provide written consent from your GP prior to enrolment if you have a medical condition (including pregnancy) which may affect your ability to participate in the physical practices.

**For the first session students will need;**

An exercise mat, loose clothing, a warm cover for relaxation and an open mind! Yoga should be practised on an empty stomach so have a light snack at least one hour before and allow at least two hours to digest a heavy meal before starting a class – forward bending and Yorkshire pudding is not a good combination!

**Additional Costs**

None

**The course will include;**

Students will have the opportunity to explore Yoga and the gentle postures in a non-competitive environment. The lessons will follow progression for a safe build up of knowledge and understanding of yoga practice to benefit the whole body and will be supported by handouts on various aspects of the topics covered.

The 10 week course will cover:

The physical practices will focus on posture; the movements of the spine and joints of the body so that students can feel and be aware of where there has been an improvement in their flexibility, mobility and postural alignment. The students will also be able to feel how correct breathing fully aids the movement of the body and how this increases the balance of the breath on inhalation and exhalation as a result.

The breathing practices will enable the students to understand and experience the importance and potency of a variety of breathing techniques. As a result of these practices the students will be aware of an inward focus and a feeling of calm and tranquillity.

The relaxation sessions will offer the students the opportunity to experience quietening of the mind and a release of physical and emotional tensions in the body through the practices of tense and relax, meditation and visualisation. As a result the students will appreciate a feeling of calm and harmony and a feeling of rejuvenation at the conclusion of each lesson.

**By the end of the course students should be able to;**

Be confident in choosing and using simple appropriate practices to meet personal needs and lifestyles and have a fuller understanding of yoga, its benefits, how to achieve and how to maintain it. Tutor support and guidance will be given throughout the course and students will know how to work safely and modify the practices to suit their own needs.

For many people the stillness and focus of yoga practice feels a struggle in the beginning, particularly in the modern world of mobile phones, 24 hour shopping etc. It can take time to feel comfortable being within the quiet and tranquillity of one's own mind – relax and don't give up, the rewards are well worth waiting for!

**Tutor Profile;**

Sue has been a qualified adult education tutor since 1988 having taught a variety of subjects in the local area including weaving and other textile techniques, keep fit and facilitating equal opportunity and diversity workshops. She is British Wheel of Yoga trained, having completed the Foundation course and the Teachers Diploma course.