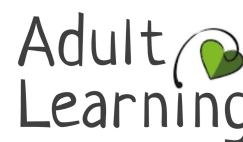


Adult Learning - Course Information Sheet



AUNM12 - Beginners Yoga

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ

Room Weston Favell Academy

Start Date: 08 September 2026
End Date: 17 November 2026
Start Time: 7:45PM
End Time: 8:45PM
Day: Tuesday
Sessions: 10
Tutor: Ms Elizabeth Willis

What will I learn?

The aim of this course is to gain knowledge of yoga postures and how you can build a yoga practice into your daily life.

By the end of the course, you can expect to be able to

Demonstrate the ability to move into a posture whilst connecting with the breath

Identify a key muscle used in a specific posture

State the health benefits of a specific posture

Choose a breath you can practice daily

What will I need to take part?

Please return your completed medical questionnaire via email to adultlearning@northnorthants.gov.uk at least 2 days before the course starts. A good quality non-slip Yoga mat. A blanket is useful for relaxation; a yoga block or strap may be needed. Wear layers of warm, comfortable clothing. Please bring a pen, notepad and reading glasses (if required) as you may need to complete some course paperwork.

What to expect

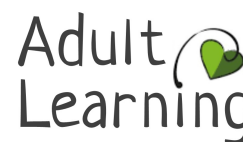
The course will be delivered by a combination of demonstration, verbal instructions, explanation, group or partner work and individual feedback. The group will have no more than 14 learners.

Adult Learning Tutors use Google Classroom to help make course resources available both during and between sessions. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>

Where can it lead to?

After this course you could join a regular class to keep improving at a yoga studio or gym that offers classes. We hope you will also want to continue practising at home perhaps with the help of online videos. Ask your tutor what she recommends!

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Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- living in England, outside a devolved adult skills funding area.
- ordinarily resident in England on the first day of learning.
- Resident in England for the duration of your learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able to attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

