

Course Information Sheet

Family Yoga Workshop



Course Summary:

Introduce your family to the fun and benefits of yoga in our Yoga Family Learning Workshop! This 2-hour workshop is designed for families with children of all ages and will provide them with the opportunity to learn basic yoga postures, breathing exercises, and relaxation techniques in a fun and inclusive environment. Perfect for anyone looking for a healthy and active way to bond as a family!

Course Description:

Our Yoga Family Learning Workshop is a delightful introduction to the ancient practice of yoga. This 2-hour workshop is designed for families with children of all ages and will be led by an experienced yoga instructor who is passionate about making yoga accessible and enjoyable for everyone.

During the workshop, families will learn simple yoga postures (asanas), breathing exercises (pranayama), and relaxation techniques. Our facilitators will guide families through the poses in a playful and inclusive manner, ensuring everyone feels comfortable and successful. We will incorporate games, storytelling, and age-appropriate modifications to keep children engaged and motivated. No prior yoga experience is necessary! Please wear comfy clothes.

What will I learn?

- Basic yoga postures (asanas) that promote flexibility, strength, and balance
- Simple breathing exercises (pranayama) to improve focus and relaxation
- Relaxation techniques to help manage stress and promote well-being
- The importance of mindfulness and being present in the moment
- The joy of moving and practicing yoga together as a family

How will I be assessed?

This workshop is designed to be a fun and engaging experience for the whole family. There are no formal assessments; however, our facilitators will be on hand to provide feedback and encouragement throughout the workshop.

Who is this course for?

This course is perfect for families with children of all ages who are looking for a healthy and active way to spend time together. Yoga is a great way to improve physical and mental well-being, reduce stress, and promote mindfulness.

Target Audience:

This workshop is ideal for parents, carers, and grandparents looking for a fun and relaxing activity to do with their children. It is also a great option for homeschool groups and community centers.

Progression Opportunities:

After completing this workshop, you may be interested in exploring other yoga classes or joining a local family yoga club. Here are some resources to get you started:

- Yoga Alliance UK: [invalid URL removed]
- National Yoga Centres: [invalid URL removed]
- BBC - Benefits of Yoga: [invalid URL removed]

Career or Job Enhancement Pathways:

This workshop can be a stepping stone towards a variety of careers or job enhancements, including:

- Yoga teacher (especially for children's yoga)
- Yoga therapist
- Mindfulness facilitator
- Wellness coach

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

