



Day:	Tuesday
Time:	7.00 - 8.30 pm
Start Date:	24 April 2012 8 weeks
Numbers:	Minimum 8 Maximum 15
Course Title and Level :	Yoga Intermediate (Summer Term)
Course Fee:	£80
Tutor:	Cathy Stanton

Who is the Course for?

Do I need any prior experience? No, the course is for anyone interested in yoga.

Will I need an Interview? No

What could I do next? Continue your practice.

What are the aims of the course?

Course aim:

Yoga offers a holistic approach to body, mind and spirit, which can provide the 'tools' to cope with the challenges of daily life. Yoga postures stretch and strengthen muscles and combined with appropriate breathing, they provide exercise that increases fitness without being tiring. Yoga aims to improve posture, increase flexibility and suppleness, smooth and efficient breathing as well as encouraging a greater sense of well-being.

What will the sessions consist of?

The lessons take place in the modern Dance Studio which overlooks the college campus, providing the perfect setting with its fresh, ambient feel.

What to bring on the first night? Please bring a mat and bottle of water

How is the course assessed?

There is not an assessed course.

How can I prepare for the course?

Key Facts

**What Next?
Contact us**

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