



FOUNDATIONS OF YOGA

ONLINE SERIES

DURATION: 10 hours

PRICE: £100

EARLY BIRD PRICE: £80*

DATES: 20th May for 5 weeks (every Wednesday)

TIME: 5:30pm-7:30pm

LOCATION: Online (via Zoom)

PREREQUISITES: None

COURSE LEADERS: Charlie Morgan and Sian Goff

This five week course will take you on a journey through all of the core principles that make up the ancient practice of Yoga. We will take a holistic approach and look at all aspects of yoga, including its History and Philosophy, in order to gain a greater understanding to what we do and why we do what we do on the mat. Not only will this bring strength and depth to your physical practice, but will also open the door to applying these techniques off the mat and in your daily life.

Each two-hour session will be a mix of theory and practice, we will explore breathing techniques, meditation and mindfulness, the physical and mental body, and basic asanas (postures) - learning how to do them safely and effectively.

Absolute beginners are welcome, as is anyone with a regular practice and an interest in deepening their understanding of this rich topic. It's also a perfect bridge into our yoga teacher training course.

*Early bird discount available until midnight on 10th May 2020 only. If you choose to sign up to our 200 hour Teacher Training, payment for this online series will be refunded.

The course content includes:

- An introduction to the History and Philosophy of Yoga
- Exploring yoga on and off the mat
- The 8 key elements that make up 'Yoga'
- Postures and how to do them safely
- Meditation and mindfulness
- Breathing techniques
- A path to self practice
- Thought of the week
- Weekly take-home exercises
- Weekly hour long class