



FOUNDATIONS *of* YOGA

ONLINE SERIES

DURATION: 8 hours (4 x 2hr sessions)

PRICE: £100

EARLY BIRD PRICE: £80*

DATES: 25 Jan - 15 Feb 2021 (every Monday)

TIME: 6:30pm-8:30pm

LOCATION: Online (via Zoom)

PREREQUISITES: None

COURSE LEADERS: Elodie Frati and Siân Goff

This four 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 to yoga, in order to gain a better understanding of our practice 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 18th January, 2021. If you choose to sign up for one of our 200hr Yoga Teacher Training courses, the price of this online series will be credited against your course payment.

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