



## Mixed Ability Yoga

Monday 14 January - 25<sup>th</sup> March 2019

19.00 – 20.00 10 weeks Full Fee: £60.00/ Concession £45

**Learning Outcome** – Improve flexibility & ease stress

**Progression** – Continuation of yoga courses

This course will strengthen the body and improve flexibility with classical yoga postures and sequences, calm the mind and ease stress with breathing and relaxation techniques.

There will be demonstration and verbal instruction throughout class.

### What to bring to class:

Yoga mat (some available to borrow)

Drinking water

Wear comfortable sports clothing

### Safeguarding:

We have made arrangements to ensure that you are safe in our centre. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against; tell your tutor or the Centre Manager immediately.

### Enrolment & payment

Booking forms are available from the website [www.swaveseyvc.co.uk](http://www.swaveseyvc.co.uk) or from the College. You can also enrol by phone on 01954 234488. Payment can be made by cheque payable to Swavesey Village College, cash or credit/debit card in person, over the phone or by completing the section on the booking form and posting it to the College. Please note that refunds can only be made if a class is cancelled or closed.

### Equalities statement

*“The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust.”*