

## **Newham Adult Learning Service**

### **Course Information Sheet for: Introduction to Yoga & Yoga Nidra**

#### **What is this course about?**

During the weekend you will practice postures to awaken the Spine and develop flexibility. Each session will be followed by Yoga Nidra (sleep Yoga) to create deep relaxation.

#### **What will the course involve?**

Friday: Short Introduction to Yoga and Yoga Nidra

Saturday: Am Yoga, Pm Yoga and a walk, evening Yoga and Yoga Nidra / Meditation with Gong Bath.

Sunday: A Yoga practice / meditation and discussion.

#### **What do I need to bring?**

You will need to bring your own yoga mat, a light shawl and your yoga cushions.

#### **What experience do I need to get onto this course?**

This course is aimed at all levels, you will need to be able to practice postures on the yoga mat and have a certain amount of flexibility.

#### **What will I have achieved by the end of the course?**

You will be able to remain flexible through simple yogic postures, breathing and relaxation techniques.

#### **What options are open to me if I successfully complete the course?**

You will have the confidence to practice at home and in a group and will have learnt how to remain healthy.

To remain healthy and flexible through simple yogic postures, breathing and relaxation techniques.

## What's included in the weekend residential?

- All tuition.
- Arrival 4-6pm, Dinner is served at 7pm
- All meals from Friday Dinner to Sunday lunch will be Vegetarian meals. If you have any special dietary needs please inform us at the time of booking.
- Morning and afternoon refreshments throughout the course.
- Two nights shared occupancy accommodation. Single rooms may be available at a surcharge, please enquire when booking.
- Access to wifi.
- Free parking subject to availability.
- Use of the beautiful grounds at Debden House.
- Enrolment form to be completed on arrival, you will need your National Insurance number for this form.
- Sunday – return of bedroom keys after morning tea break, departure after lunch.

## Length of the course:

It is a weekend residential course, Friday evening to Sunday afternoon.

## Course fee:

Please apply to Debden House for details. You may be entitled to a concession if you are a Newham resident. Proof of resident status must be produced at the time of enrolment.

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