

Newham Adult Learning Service

Course Information Sheet for: Yoga and Meditation - Introduction to Chakras.

What is this course about?

This course is an introduction to The Chakras.

What will the course involve?

The course will involve a practice of Yoga postures on a yoga mat on the floor. You will practice meditation on Friday evening, Saturday morning and afternoon. In the evening we will practice meditation with Gong Bath. There will be time throughout the weekend to discuss Yoga and postures. We will also encourage the discovery, in our free time of the surrounding ancient woodland, otherwise known as Epping Forest.

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?

The 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 understand your body and emotions through the Chakra, using the discipline of Yoga to remain healthy and flexible.

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

You will develop flexibility and confidence to continue the practice on your own or in another group yoga class.

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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