

Slough *Lifelong* Learning

Raising learners' aspirations and achievements

Yoga for Women (Crèche available)

Venue

Slough & Eton Adult Learning Centre
Ragstone Road, Slough, SL1 2PU

Duration

10 Weeks



Course Aim

To improve health and flexibility through the ancient Indian art of yoga using Postures and breathing techniques.

At the end of the course learners should be able to

1. Learn seven breathing techniques to eliminate physical and mental problems.
2. Learn meditation and relaxation techniques.
3. Perform eight upper and lower body exercises.

What qualification will I gain from completing this course?

In-house certificate subject to 80% attendance.

Where do I go next after this course?

- Yoga for improvers or further education EBC
- Call our Information, Advice and Guidance Advisors on (01753) 476605.

To book a place on this course and call (01753) 476611

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