

## **WFL-Family Yoga (7+)**

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### **About the course**

Exercising as a family is not only a fun way to improve fitness, it's a way to develop a culture of wellness and introduce positive exercise habits at a young age.

If we wish to create a future of happy and healthy kids, it's time we start practicing what we preach. This course aims to show what exercises can be done together, how to introduce them and progress them for the whole family.

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### **What will I learn?**

#### **By the end of the course, you will be able to:**

- Warm up all parts of the body safely
  - Perform a range of fun yoga poses that all the family can participate in
  - Explain which poses that are for which parts of the body and their benefits
  - Use and perform balances to improve coordination
  - Cool down and stretch with breathing exercises
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### **What are the entry requirements?**

- This course is for beginners with little or no previous knowledge of family yoga.
  - The course is suitable for children aged 7 years and above
  - Children must be supervised by parent/carer at all times
  - 1 adult to max 2 children
  - If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling
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### **What do I need to bring with me?**

- Water to drink, wear loose comfortable clothing and suitable footwear.
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### **What can I do after completing this course?**

- Any other WFL course
  - At the end of the course your tutor will advise you on your possible next steps.
  - You can call us to find out about upcoming courses on 020 8583 6000
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### **Information, advice and guidance for employment**

- Call 020 8583 6174 to speak to an advisor
  - Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk)
  - Visit <http://www.hace.ac.uk/employment-support>
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