

## Yoga & Meditation – Basic Breathing

Course Code	Venue & Contact Details	
<b>MZ599BJA</b>	<b>Venue</b>	Online, using Google for Education
	<b>Phone</b>	020 8583 6000
	<b>Email</b>	<a href="mailto:courses@hounslow.gov.uk">courses@hounslow.gov.uk</a>
	<b>Website</b>	<a href="http://www.hace.ac.uk">www.hace.ac.uk</a>

Day	Times	Start date	End date	No of Weeks	Fee
Friday	10-11.15am	05.11.2021	03.12.2021	5	<b>£17 /*Free</b>

*\*If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.*

*\*If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.*

### About the course

This course is part of our wellbeing programme designed to enable learners to try a new art, craft or exercise in order to explore the benefits they have our wellness. Once you have completed this course you might decide to start practicing Yoga at a local fitness centre or learn more on our Yoga specialist programmes to gain more confidence

so to start practising more independently. All HACE Meditation and Yoga courses are focused on taking a holistic approach to improve health and wellbeing. They are not based solely on exercise.

This class helps to focus and relax through gentle yoga poses and mindful breathing techniques. The exercises are gentle, and can be done sitting on a chair. You will learn tools to control and focus on your breathing techniques. Through regular practice, this can help to improve mental wellbeing by managing the symptoms of anxiety and stress.

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

#### **After this course you will be able to:**

- Incorporate breathing techniques to develop a personal meditation routine
- Complete a yoga sequence that can be practiced every day
- Be more aware of the different parts of the breath, that can be practiced throughout the day

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### **What are the entry requirements?**

- There are no specific entry requirements. Beginners are welcome.

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

- Chair
- Wear comfortable clothing

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### **How will my learning be assessed?**

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal to support your progression. You will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

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### **What can I do after completing this course?**

- The most obvious progression after this course would be to join a meditation group at your local yoga or fitness studio, if you prefer group meditation to independent practice. You might wish to continue learning yoga on our specialist programmes, to gain more confidence and knowledge.
- 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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