

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.

Debden House Centre
Debden Green
Loughton
Essex IG10 2NZ

T +44 (0) 20 8508 3008
E debden.house@newham.gov.uk