

Course Title:		Yogacise for adults with mental health difficulties								
Course Code:		S4100ZGK	Centre:		Sutton	Tutor:		Charlotte Spearing		
Day:	Thu	Start Date:		23/09/10	Length:		10 weeks	Time:		13.00-14.30

Course Content/Syllabus

- Relaxation
- Warm up
- Breathing
- Arms and shoulders
- Stretching
- Energy building
- Balance
- Twisting

After completing the course, students should be able to:

- Use exercises to relax
- Warm up the body
- Focus on breathing
- Understand and use stretching and bending

Assessment Methods

Continuous informal assessment.

Attendance

Regular attendance is expected in order to get the most from your course

Entry Requirements

**For clients of Cheam Resource Centre.
For further information please contact Charlotte Spearing, tel. 020 8773 5889**

Please wear comfortable clothing

Progression/Further Opportunities:

Other courses at SCOLA or outside organisations