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|--|--|--------------------------|--------------------------|--------------|---------------------------|--|--|--|--|--|--|--|--|--|--|
| Course Title | <h3>Yoga</h3> <p>A Hatha- inspired course</p> | | | | | | | | | | | | | | |
| Course Description | <p>A Hatha- inspired yoga course. This means we will be combining mindfulness with some breathwork (pranayama) and movement (asana). There will be moments for stillness and reflection combined with some flowing movement.</p> | | | | | | | | | | | | | | |
| Start Date | 24th Sep 2025 14 th Jan 2026 22 April 2026 | Day & Time | Wednesday 19:30-20:30 | Venue | Comberton Village College | | | | | | | | | | |
| Tutor Details | <p>Melanie Thompson is a qualified Pilates instructor and yoga teacher. Her classes are accessible for all and may also be tailored to suit specific requirements. All levels are welcome.</p> | | | | | | | | | | | | | | |
| No. of wks | 10 | Terms | | 3 | | | | | | | | | | | |
| Fee | £71 | Concessionary Fee | | £53 | | | | | | | | | | | |
| Course Level: | Mixed ability | | x | | | | | | | | | | | | |
| | Level 1, Level 2 (equiv. to GCSE / NVQ2) | | | | | | | | | | | | | | |
| | Level 3 Equivalent GCE A Level | | | | | | | | | | | | | | |
| Skills or qualifications needed for entry into the class | <p>Suitable for all levels, including beginners, with a reasonable level of fitness. Not recommended for severe orthopaedic conditions.</p> | | | | | | | | | | | | | | |
| Course aims & objectives | | | | | | | | | | | | | | | |
| <p>Combining mindfulness with movement in order to create mind and body connection. To improve strength and flexibility. To take the physical and mental skills learned on the mat to help you in everyday life.</p> | | | | | | | | | | | | | | | |
| Progression – after this course what might you do next? | | | | | | | | | | | | | | | |

Try a more challenging form of yoga- adding progressions to the poses you have learned.

How progress & success will be recorded

Everyone's body is different. You will notice how you are progressing.

You may wish to keep a personal yoga journal in which you record how you feel after each session.

Additional course costs (e.g. visits, materials, books, equipment)

YOGA MAT- a yoga mat needs to be thin for balance (4-6 mm thick)

2 small yoga bricks, a large block and a yoga strap. A blanket for padding of joints if required.

I do have some of these props if required but most people like to bring their own.

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| Materials/equipment required for first class | Yoga mat- 4-6 mm thick 2 yoga bricks if you have them |
| Contact for further information | Community Education: 01223 264721 commed@combertonvc.org |

Enrolling

Enrolments in person, for all our courses, can take place from our office based at Comberton Village College. Please note, the quickest way to enroll onto a class will be to visit our website and follow the online booking links from there. Enquiries can also be made by emailing commed@combertonvc.org or calling our office on 01223 264721.

We are a cashless school. We accept card and cheque payments (made payable to The Cam Academy Trust), from our office based in Comberton Village College.

Online enrolments can be paid directly in GBP (Sterling) via a secure server over the internet by debit or credit card. Online enrolment will ask for additional information that will enable us to register you, on your chosen course and allocate your payment accordingly.

Your debit/card details will be encrypted via a payment processing company Stripe, payment information is not held on college servers. If you are paying online for a course, you will also be asked for contact information to be provided. This information will be held by the college, so we are able to contact you if required.

For further information on Stripe and its privacy policy

<https://stripe.com/gb/privacy>

For further information on how we use your data

<https://www.gov.uk/government/publications/privacy-information-key-stage-4-and-5-and-adult-education>

Secure payment links for courses, can also be sent out via emails or text messages. This process would involve you being notified in advance, of a secure link due to be sent shortly afterwards. If required card payments, in person, can also be taken at the beginning of each term, via a portable payment system.

Refunds

If you choose to withdraw your booking, at least 2 weeks before the start date of a course, a refund will be given, minus a £5 administrative charge. Refunds are only available in the event of course cancellation or early closure from the college.

Classes cancelled by the college due to unforeseen circumstances, will be replaced with an extra class at the end of the course, whenever possible. For comprehensive details, please refer to our fees and refund policy which can be found on our website.

Concessionary Fees

A 25% discount is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP/PIP), evidence must be provided on enrolment. Most of our courses display two fees, the concessionary fee is the lower amount advertised. It is also possible to pay the fees for a course by instalments, please contact us directly for details.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2025). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behavior so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search their website **www.cambssals.co.uk** for details of all their funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centers. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

Calendar (Please check start date of specific courses)

Autumn Term Half term 27th Oct – 31st Oct 2025

Spring Term Half term 16th Feb – 20th Feb 2026

Summer Term Half term 25th May – 29th May 2026