



CAM ACADEMY TRUST COURSE INFORMATION

Course Title	Yoga for Bad Backs				
Course Description	A Yoga class specifically for bad backs and beginners, provided in a friendly, supportive environment. This class includes a warm-up, standing poses, floor poses and finishing with relaxation.				
Start Date	29th Sep 2021 12 th Jan 2022 4 th May 2022	Day & Time	Wednesday 19.40-20.40	Venue	Comberton Village College
Tutor Details	Marilene Estoppey-von Negelein is a qualified Yoga Alliance yoga teacher. Her classes are tailored according to the learners' interests, individual abilities and are held in a friendly and non-competitive environment.				
No. of wks	10	Terms	3		
Fee	£53	Concessionary Fee	£40		
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			No specific experience is required, although all students will be asked to complete a medical questionnaire so that they can be supported in practicing safely. Students with a specific medical condition should check with their doctor before attending.		
Course aims & objectives					
In this Yoga class, we will be looking into how to take care of bad backs (also beginner friendly) , with practicing yoga poses (adapted to individual abilities), including using props, to support flexibility and gentle stretches of the connective tissue.					

Progression – after this course what might you do next?	
<p>By learning how to strengthen the body in the whole with stimulating the connective tissues, muscles, joints and flexibility, learners can experience an overall progress towards their well-being.</p>	
How progress & success will be recorded	
<p>The teacher will be monitoring the students throughout the class and when beneficial, offer some modifications, or adjustments in a yoga pose. The classes are planned weekly and tailored to the learners' individual abilities and benefits.</p> <p>Yoga is a <i>felt</i> practice and the benefits are in enhanced awareness and wellbeing, which usually evolve very gradually over years of Yoga practice. These are difficult to measure and record, but feedback or questions are welcome throughout, either after the class, or by email between classes.</p>	
Materials/equipment required for first class	<p>Students are asked to wear loose/stretchy clothes so that they can move easily. Please also bring a mat and a blanket or warm jumper for relaxation. If possible, please also bring two Yoga blocks and a Yoga belt, but the tutor will bring spares for those who do not have these additional props.</p>
Contact for further information	<p>Adult Education: 01223 264721 commed@catrust.co.uk</p>

Enrolment and Payment

Please enroll at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

We would appreciate payment of fees over the telephone by debit card to avoid contact, however, if that is not possible then we will accept cheques.

By Phone: 01223 264721
 Email: commed@catrust.co.uk
 Cheques: The Cam Academy Trust
 Address: Adult Education, Comberton Village College
 Comberton, Cambridge, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 25th – 29th Oct 2021

Spring Term Half term 14th – 18th Feb 2022

Summer Term Half term 30th May – 3rd June 2022

During the summer holiday period a member of staff will pick up messages each week and return calls and emails. We are closed in other school holidays.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2021). 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 behaviour 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 our website www.cambsals.co.uk for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. 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.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>