

# CAM ACADEMY TRUST COURSE INFORMATION

<b>Course Title</b>	Yoga				
<b>Course Description</b>	A Yoga class provided in a friendly, supportive and non-competitive environment. This class includes a warm-up, standing poses and floor poses, finishing with relaxation.				
<b>Start Date</b>	29 <sup>th</sup> Sep 2021 12 <sup>th</sup> Jan 2022 4 <sup>th</sup> May 2022	<b>Day &amp; Time</b>	Wednesday 18.30-19.30	<b>Venue</b>	Comberton Village College
<b>Tutor Details</b>	<b>Marilene Estoppey-von Negelein</b> 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.				
<b>No. of weeks</b>	10	<b>Terms</b>	3		
<b>Fee</b>	£53	<b>Concessionary Fee</b>	£40		
<b>Course Level:</b>	Mixed ability			x	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
<b>Skills or qualifications needed for entry into the class</b>		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.			
<b>Course aims &amp; objectives</b>					
<p>Course aim: To work through yoga asanas (postures) both in static and fluid ways, individually and in short sequences. Pose groups include forward bends, back bends, twists, balances and inversions, to improve mobility, strength, awareness and peace of mind.</p> <p>Learning outcomes:</p> <ul style="list-style-type: none"> <li>• Improve strength, mobility and flexibility at a gradual and easeful pace</li> <li>• Improve proprioceptive awareness, through exploration of different Yoga poses and combinations of poses</li> <li>• Gain confidence in self-adjusting poses with awareness, and using props, so that movements feel beneficial and comfortable</li> <li>• Learn a light-touch approach to safe alignment, without becoming rigid</li> <li>• Improve awareness and use of the breath to support the practice</li> <li>• Explore enjoyment of the poses including more challenging ones, with self-care and without force</li> </ul>					

<b>Progression – after this course what might you do next?</b>	
<p>In this progressive yet inclusive course, both gentler and stronger versions of poses will be suggested, so that students can adapt their practice each week, depending on their energy levels, where they are in their practice, and whether they are beginners or more experienced. The practice will also vary each week so there will be enough variety for students who are able to attend very regularly.</p>	
<b>How progress &amp; success will be recorded</b>	
<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>	
<b>Additional course costs (e.g. visits, materials, books, equipment)</b>	
<p>None required.</p>	
<b>Materials/equipment required for first class</b>	<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>
<b>Contact for further information</b>	<p>Adult Education: 01223 264721  <a href="mailto:commed@catrust.co.uk">commed@catrust.co.uk</a></p>

### **Enrolment and Payment**

Please enrol 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](mailto: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 25<sup>th</sup> – 29<sup>th</sup> Oct 2021

Spring Term Half term 14<sup>th</sup> – 18<sup>th</sup> Feb 2022

Summer Term Half term 30<sup>th</sup> May – 3<sup>rd</sup> 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](http://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>