

## Introduction to ESOL Yoga

### Course Overview

This course is for adults whose first language is not English and is available at the Ross Walk Centre in Belgrave. It will help you to improve your knowledge of the benefits of yoga exercises for health and well-being. The course runs termly and students can join at any point in the term.

### What you will learn

In this practical based course, you will learn about and practice the basic sitting and standing yoga postures. You will participate in various breathing and relaxation exercises and learn about their benefits to mind and body. This course will help you to develop your vocabulary in the context of fitness, health, and well-being.

### Entry Requirements

There are no formal entry requirements. Your level of English will be assessed at the time of enrolment.

### How you will be assessed

You will complete an internal course assessment.

### Course Progression

This course is aimed to supplement your learning programme and improve your health and well-being. Your tutor will advise you on progression. You will have the opportunity to progress to higher level yoga classes or to take classes in a different subject. Careers Information, advice and guidance is also available at Leicester College.

### Course Details

**Course Code** P00510

**Start Date** Various

**Study Hours** Part Time

**Duration** Various

**Campus** Ross Walk

**Level** M

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