

Bottisham Village College

Adult and Community Learning

Yoga

**Our yoga classes are suitable for
people of all ages, build and levels
of fitness**



Monday, 17.55 - 19.10 pm

Monday, 19.15 - 20.30 pm

Commencing 16th January 2012

£ 56 per 10 week term

Tutor: Cheryl Sayers

Yoga is suitable for people of all ages, build and level of fitness.

Its unique integrated approach to both body and mind means that as one progresses the body becomes firmer, more supple and stronger, while increased concentration leads to a calmer, more relaxed lifestyle.

Each session will start with warming up movements with emphasis on balance, posture and breathing, before moving on to yoga postures, which have a specific effect on different parts of the body and develop mental control.

The practice will conclude with a full relaxation. It is advisable to eat only lightly two hours before class.

You will need to bring:

A blanket for relaxation and a yoga mat.

The tutor is Cheryl Sayers, who is a British Wheel of Yoga Teacher.

How to enrol on this course:

Enrolment forms can be downloaded from our website: www.bottishamvc.org/commed and returned to the Community Office with your course fee. Alternatively, please ring or email the Community Office. A place will be reserved for you once your completed enrolment form and payment have been received. Cheques should be made payable to **Bottisham Village College**. Credit and Debit card details can be given on the enrolment form. Concessionary fees are available if you are in receipt of a Means Tested Benefit (JSA and ESA only).

Unless you are informed that the course is full or cancelled, you should attend the first session.

Refunds will only be given if the course is cancelled or if you withdraw due to ill health; in this case evidence is required. If a class is cancelled due to circumstances beyond our control, extra classes will be added at the end of the course. Please note that the office will not be manned during the school holidays.

**Community Education,
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