



# Beginners Course Outline

Course Cost: £60

Our 6 week course is open to anyone who has never tried yoga before or those wishing to get back to basics. We will introduce you to the basic principles and techniques of yoga as well as learning a basic group of warm-ups, postures, breath awareness and deep relaxation. You will be taught safe alignment and proper breathing in each pose so that you can experience the benefits of yoga from the very first class.

## **Session 1: Go with the flow**

Benefits of yoga to the body and mind. Introduction to Flow Yoga and Moon Salutations. Breath awareness. Relaxation

## **Session 2: Sun is shining!**

Introduction to Sun Salutations A and B. Breath awareness. Relaxation

## **Session 3: It's all in the hips**

Standing postures followed by creating space and energy in your legs and hips. Sitting postures. Breath awareness. Relaxation

## **Session 4: Laid back**

Introducing backbends. The Wave Breath (Ujjayi). Relaxation

## **Session 5: Going down under**

Starting to go upside down (don't panic!) Building firm foundations. Playing with the balance. Square Breathing. Relaxation with visualisation

## **Session 6: Riding the wave**

Full flow class incorporating postures and techniques from all parts of the course. Square Breath and learning how to sit still. Relaxation with visualisation

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