



Beginners Course Outline

This 6 week beginners yoga course is both for people who have never tried yoga before, and those with an existing practice wishing to learn more about alignment. The course covers all the basics of the physical practice of yoga. Beginners will leave it feeling confident to join in a yoga class whilst those who have practiced before will come away with a deeper understanding of alignment in postures. The course also offers lots of insight into how to deal with stress, anxiety and depression in the modern world using techniques learnt in yoga.

Session 1: Go with the flow

Benefits of yoga to the body and mind. Introduction to Flow Yoga and Moon Salutations. Breathing techniques. Relaxation

Session 2: Sun is shining!

Introduction to Sun Salutations A and B. Breathing techniques. Understanding and managing stress, anxiety and depression. Relaxation

Session 3: It's all in the hips

Standing postures followed by creating space and energy in your legs and hips. Sitting postures. Breathing techniques. Deep dive into the science of the mind to understand stress, anxiety and depression. Relaxation

Session 4: Laid back

Introducing backbends. Great for postural alignment and releasing tension headaches. Breathing techniques. Relaxation

Session 5: Balance it all out

Playing with balances and some basic inversions (don't panic, this is not hand-stand practice!) Building firm foundations. Breathing techniques. Relaxation

Session 6: Riding the wave

Putting it all together. Basic flow class incorporating postures and techniques from all parts of the course. Breathing techniques. Guided meditation.

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