

Course title	Prenatal Yoga- 3rd Trimester
Curriculum	Learning for Wellbeing
What is the course about?	Understanding how Yoga can have a positive effect on pregnancy and birth preparation.
Experience/Skills required to join this course	No previous experience of yoga required and suitable for any fitness level.
Course Summary	During this course we will find the space to connect and bond with your baby and learn healthy pregnancy practices to ensure that mother and baby are nourished on a physical, emotional and spiritual level. We will also increase the strength, flexibility and endurance of muscles required for childbirth. Whilst looking to decrease lower back pain, nausea, headaches and shortness of breath. Learn meditation and breathing techniques to increase mental calmness and deep relaxation techniques.
You will need	Water bottle, loose fitting Clothing. Yoga mats available or you can bring your own
Additional cost/resources	You are welcome to bring a blanket or a cushion for your own comfort
How will I know how I'm getting on?	You will be able to feel the benefits within the first few weeks. Additionally, ongoing review and evaluation will be provided by the tutor. You will also be asked to complete a personal learner diary.
Support For Your Learning	Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.
For More Information And How To Enrol	If you need more information, want to discuss levels and course content, or wish to enrol, you can call into our local centres, call our Enrolment Team, or for some courses, you can enrol online. If you need help with your choice of learning, training, career, work and life goals, please book an appointment with one of our Learning and Work Advisors who can provide free, 1:1, impartial advice. Call our Freephone 0800 988 0308
The Adult Learning Service Also Offers Courses In	The Adult Learning Service also offers courses in: · Computing and ICT · Personal Development, including Arts and Leisure · Languages, British Sign Language, ESOL and Makaton · Maths and English · Skills for Jobs · Apprenticeships and Traineeships · Family Learning · Programmes for Adults with Learning Difficulties and/or Disabilities
Minimum Numbers	

If the required minimum number of learners is not reached, we cannot guarantee that the course will run. We will try to advise you 5 working days before the course start date if this is the case.

Online learning

If you are enrolling for an online/blended learning course: It is important to check the detailed course information prior to enrolment to ensure you have suitable equipment and software. You will also need a reliable internet connection to participate in this course. If you are not sure about the requirements or have any queries or questions please get in touch with our enrolment staff using the contact details provided. Please note that online courses may be recorded and shared with adult learning staff for quality assurance purposes.

Key words

21SN446P, 21EN439P

Yoga, prenatal, pregnancy, health, wellbeing, core strength, relaxation, de-stressing, flexibility, posture, alignment, breathing, meditation,