

## Yoga Beginners

### Summary

This course will provide you with a comprehensive introduction to yoga - including the control of the mind and body through breathing and gentle movement. As well as giving you a theoretical introduction, you will be guided through relevant exercises. You will study warm-up routines, rhythmic breathing, rolls and lifts, eyes and neck exercises, shoulders and finger exercises, and learn about relaxation techniques.

<b>Course Provider</b>	BSY Oakwood, Dunsland Cross, Devon EX22 7YT 01409 220400 <a href="http://www.bsygroup.co.uk">www.bsygroup.co.uk</a>
<b>Qualification Accreditation</b>	BSY and QLS Award
<b>Academic level</b>	QLS Level 2
<b>PET entry requirements</b>	English Level 2
<b>Format of course material</b>	Paper based The course is primarily paper-based but PDF versions of the lessons can be arranged along with assignment feedback via email if preferred
<b>Structure of course</b>	<b>Ten Lessons:</b> <ol style="list-style-type: none"> <li>1. What is Yoga?</li> <li>2. Breathing</li> <li>3. Rhythmic Breathing</li> <li>4. Warm-up Routine</li> <li>5. Rolls and Lifts</li> <li>6. Out in the Sun</li> <li>7. Salute to the Sun</li> <li>8. Eyes and Neck</li> <li>9. Shoulders and Fingers</li> <li>10. What is Relaxation?</li> </ol>
<b>Assignments</b>	Ten written assignments Assignments are submitted upon completion of each lesson. Assessment times can vary from 5-10 days depending on the volume of work received.
<b>Exam</b>	There is one final examination. It is an open book exam, completed and submitted in the same way as the other assignments. No invigilation needed, it is completed in the learners own time. Exam question is sent to learners after they complete all 4

	assessments. Time of completion depends on the learners' course understanding and time management. Exam fee included. Refer to 'Prison support requirements'
<b>Estimated completion time</b>	100 hours
<b>Maximum course duration</b>	The course is valid for 2 years from enrolment. In case an extension was needed, prison staff to contact BSY Ltd directly.
<b>Prison support requirements</b>	Support assessment submission ideally scan to the tutor or post), exam and course extension if required. It is recommended to make copies in case assignments get lost. See contact details are above in the 'Course provider' section.
<b>Supplier tutor's support</b>	Yes, there is supplier tutor support available. Tutors will mark assignments and provide useful feedback for students. They are also available by phone, email or post to offer help, feedback or encouragement. Prison staff or learners can contact the supplier's student support team who communicates with tutors on the learners' behalf. See 'Contact provider' section for more details
<b>Certificate</b>	Yes. BSY Professional Certificate of Merit and a Certificate of Achievement at QLS Level 2
<b>Progress</b>	A HFE Level 3 Nutrition for Physical Activity  To discuss any progression routes, call our free Advice Line on 0800 048 7520 on Tuesdays (10-12pm and 2-4pm) and Thursdays (10am-12pm and 2-6pm).