

Newham Adult Learning Services Enrolment for Yoga & Meditation 2019



Day	Class Title	Class Time	Class taught at	Enrolment Centre	Enrolment Dates
Monday	Yoga & Meditation for Adults	10-12	Beckton Globe 1 Kingsford Way, London E6 5JQ	Beckton Globe	Week beginning 23 April 2019 10-12, 1.30-4.30 5.00-7.00
Monday	Yoga & Meditation for Health	1-3	Forest Gate Learning Centre 1 Woodford Road, E7 0DH	Forest Gate Learning Centre	
Wednesday	Yoga for students with learning disability	10-12	Forest Gate Learning Centre 1 Woodford Road, E7 0DH	Forest Gate Learning Centre	Week beginning 23 April 2019 10-12, 1.30-4.30 5.00-7.00
Wednesday	Yoga & Meditation for the Elders (Chair Based)	1-3	Holden Point, Waddington Road Stratford, E15 1QN	Holden Point	Enrol on first day of the class: 1 May 2019

In these two hour classes you will learn Yogic techniques, such as breathing, how to hold the posture, strengthen your muscles, develop flexibility, increase blood flow, you will have time for Q&A. The sessions will enable you to work at your pace and master the yogic techniques.

Please apply to reception at the relevant centre for details. You may be entitled to concession for which proof of JSA or employment based ESA must be produced at the time of enrolment. You will be required to complete health questionnaire

