

SE u3a Forum Summer School

Monday 7th – Thursday 10th September 2026

University of Chichester



Yoga - Standing, Seated and Mat Work

Maximum 12

Yoga has very ancient roots and originally composed mainly of meditation to seek enlightenment. The asanas or poses and stretches have developed over time and today there are many different types of yoga. Pranayama a focus on breathing more efficiently is popular; there is much high-quality medical research to endorse these practices. Yoga offers guided movement which can be accessed at many levels from restricted movements on a chair to challenging balances, all within a non-competitive framework. There is no such thing as the perfect pose, only your best effort today!

Yoga incorporates mindfulness and relaxation or shavasana - translated as 'corpse's pose', as well as laughter yoga, which again has medically proven health benefits. So, yoga is suitable for just about anyone: it can be challenging or deeply relaxing. It can be quiet and serious and also it can be fun.



The sessions will be general, not focusing on a specific part of the body, as with older participants it could cause unnecessary strain and could be detrimental. Good all-over stretching is best. Some people are more flexible, some are stronger. It doesn't matter. Everything is done at the individual's level.

The **main focus** will be on Iyengar yoga which was developed to use props – chairs, blocks and straps – to make more poses accessible. This style is supportive, challenging within the individual's capabilities and very popular. Our yoga poses incorporate many elements to improve strength (improving muscle tone and bone density), flexibility in the joints especially the spine, balance to reduce the risk of falling and to increase confidence, breathing exercises to work on the efficiency of the lungs and to have some fun.

Please note: This course is being run as part of a u3a summer School and is **covered by u3a Insurance**, but as it is a **physical activity** you may want to take out your own **personal insurance**.

Participants need to bring – **basic yoga mat** and a **blanket**

Information about the Tutor

Jenny has been an advocate of yoga since her mid-twenties, after many medical interventions to 'sort out' her back problems. She has been teaching yoga to u3a groups since 2017 and now holds sessions twice a week – some face-to-face and some on zoom. The sessions are very popular and well-received. Jenny is often told that the sessions have helped members with various physical problems and indeed changed their lives and futures.

Monday Day 1 - pm ~ Introductions – getting to know our respective yoga experience and expectations ~ Q & A ~ A gentle yoga flow and pranayama	Summer School Course - 2026
Tuesday Day 2 – am ~ Warm-up followed by 2 types of pranayama ~ The perfect Tadasana 'Mountain Pose' – seated or standing ~ Stretching - Toes, feet, ankles, legs and hips / fingers, hands, arms & shoulders ~ Restful meditation to music	Tuesday Day 2 – pm ~ Warm-up followed by a different form of pranayama ~ Poses to stretch, strengthen and improve flexibility ~ Face Yoga ~ Shavasana
Wednesday Day 3 – am ~ Warm-up & pranayama ~ Classic poses such as Trikanasana & Warrior poses -seated and standing ~ Balance – for strength and confidence	Wednesday Day 3 – pm ~ Warm-up & pranayama ~ Side leans, twists and moving the back ~ A Day at the Zoo with animal theme asanas ~ Laughter Yoga ~ Shavasana
Thursday Day 4 – am ~ Warm-up & Pranayama ~ A typical class incorporating a number of varied poses ~ A meditation and shavasana	<i>For further information about the course, please contact the tutor</i>