

## Yogarate

Location	Stretford Campus
Course Type	Adult
Department	Sport
Start Date	Monday 30th September 2024
Duration	Part-time, 10 Weeks
Time	17:30 - 19:00
Fee	£ 37.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	TPQ-CYXZ-1148

## Course Overview

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Yogarate is a fitness practice that combines elements of yoga and martial arts, particularly karate. It typically involves integrating the physical postures and breathing techniques of yoga with the dynamic movements and self-defense techniques of karate. This blend aims to improve strength, flexibility, balance, and mindfulness while also promoting self-defense skills. Participants can experience both the calming effects of yoga and the energetic aspects of martial arts, making it a unique and holistic workout.

## Course Requirements

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There are no formal entry requirements to join our Yogarate classes. All you need is a genuine interest in the subject and a willingness to participate. Whether you are a beginner or have prior experience in yoga or martial arts, everyone is welcome to join and explore this unique practice.

## What You Will Learn

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Yogarate training develops agility, strength and speed, building for fast and effective techniques while also improving muscle tone and endurance. Working both the hands and feet, and left and right sides equally, it develops mental and physical coordination, as well as flexibility.

For people in their 30s, 40s and above it can help maintain overall fitness, feel better and stay flexible. It improves cardio conditioning, muscle strength and endurance. Doing this style of training regularly also helps burn calories and can prevent weight gain.

## Assessment

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Assessment in this course will be based on attendance, active participation, progress in specific poses and techniques, completion of assigned readings, and a final reflection on personal growth and experiences throughout the course.

By the end of this course, students will have the tools and knowledge to confidently continue their Wellbeing and meditation practice, leading to a healthier, more balanced lifestyle. Come join us on this enriching journey towards inner peace and enhanced well-being.

## Progression

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Students who successfully complete this short course to a satisfactory standard may apply for a subsequent wellbeing course.

## Career Options

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After completing a Yogarate course, several career options may be available to you, including: Yoga Instructor, Martial Arts Instructor, Fitness Coach, Wellness Consultant, Personal Trainer, Therapeutic Practitioner, Community Program Leader.

## Mandatory Units

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N/A

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.