

Yoga Course Brochure

by  **Tutorx**
REDEFINE LEARNING EXPERIENCE



Build Strength, Focus and Inner Balance for Life

A Simple Practice That Improves

Yoga is more than just physical exercise. It combines movement, breathing, and mindfulness to improve focus, reduce stress, and build overall well-being. Studies show that regular yoga practice helps students improve concentration, reduce anxiety, and perform better academically.

This course is designed to help learners build physical strength, mental clarity, and emotional balance through guided yoga practice.

About TutorX

TutorX provides personalised one-on-one online learning for students across global curricula, including the UK, US, Australia, and Canada, with a focus on practical, structured, and holistic skill development.

A Complete Approach to Wellness and Balance

Yoga is more than just physical exercise. It is a holistic practice that connects the body and mind.

What Students Learn

01

Physical postures to build strength and flexibility

02

Breathing techniques for focus and relaxation

03

Mindfulness practices for mental clarity

04

Techniques to manage stress and improve well-being

How Learning Happens

Personalised one-on-one instruction

Step-by-step guided sessions

Continuous feedback and improvement

Level-based progression (beginner to advanced)

Beyond Fitness, students develop

01

Better focus and concentration

02

Emotional balance and calmness

03

Discipline and self-awareness

Foundations of Yoga Practice

Asanas (Yoga Postures)

Learn physical postures that improve strength, flexibility, and balance through guided practice.



What You Learn

- Beginner to advanced yoga poses
- Flexibility and strength-building techniques
- Body alignment and posture correction
- Balance and coordination exercises



Outcome

- Improved flexibility and posture
- Stronger body control and stability
- Reduced stiffness from long sitting hours

Explore 5000+ Yoga Poses

Gain access to a wide range of guided yoga practices designed for every level.

➤ WHAT YOU LEARN



Step-by-step
pose
progression

Structured
practice from
beginner to
advanced
levels



Safe alignment
techniques and
posture
awareness

Customising
sequences
based on
personal
goals



➤ OUTCOME



Ability to
practise
independently

Confidence
across
multiple yoga
levels



Strong
foundation for
long-term
practice



Pranayama (Breathing Techniques)

Learn how to control and improve breathing for better energy and focus.



What You Learn

Controlled breathing techniques

Breath awareness and regulation

Relaxation and calming practices



Outcome

Better concentration and mental clarity

Reduced stress and anxiety

Improved energy levels

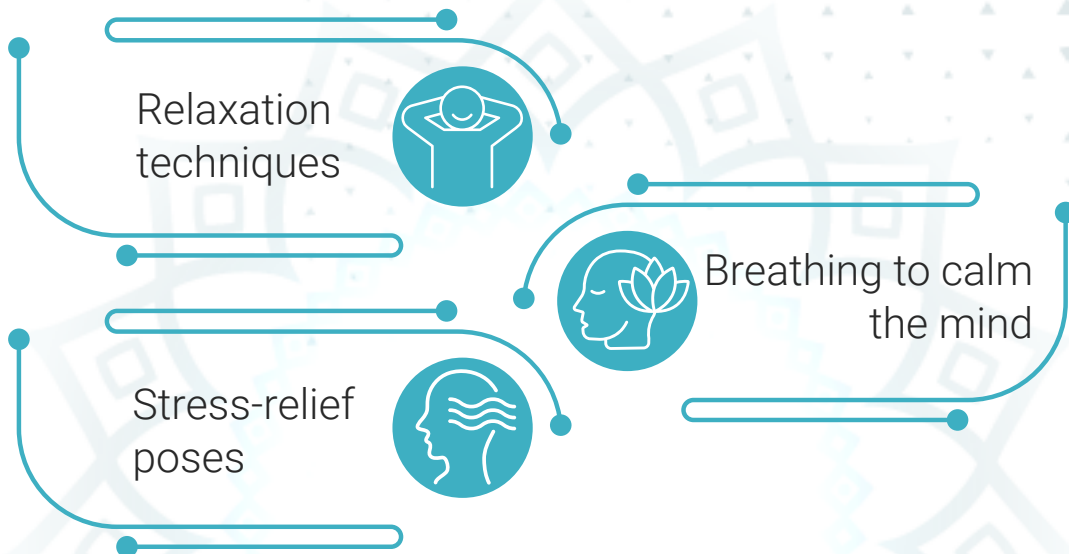


Yoga for Every Need

Yoga can be adapted to suit different lifestyles, goals, and health conditions.

Yoga for Stress and Mental Wellness

➤ What You Learn



➤ Outcome



Yoga for Strength, Flexibility, and Mobility

WHAT YOU LEARN

- Stretching and flexibility exercises
- Strength-building pose
- Joint mobility practices

OUTCOME

- Improved flexibility and mobility
- Better posture and alignment
- Increased physical strength



Yoga for Specific Health Conditions

➤ What You Learn



Practices for
back pain relief



Techniques
for joint care
and mobility



Breathing
exercises for
heart health



Stress and
anxiety
management

➤ Outcome



Improved physical
comfort



Better joint and
muscle health



Support for overall
well-being



Prenatal Yoga

➤ What You Learn



Gentle stretching and relaxation techniques



Breathing and mindfulness practices



Safe poses for each stage of pregnancy

➤ Outcome



Reduced discomfort and tension



Better emotional balance



Improved sleep and relaxation

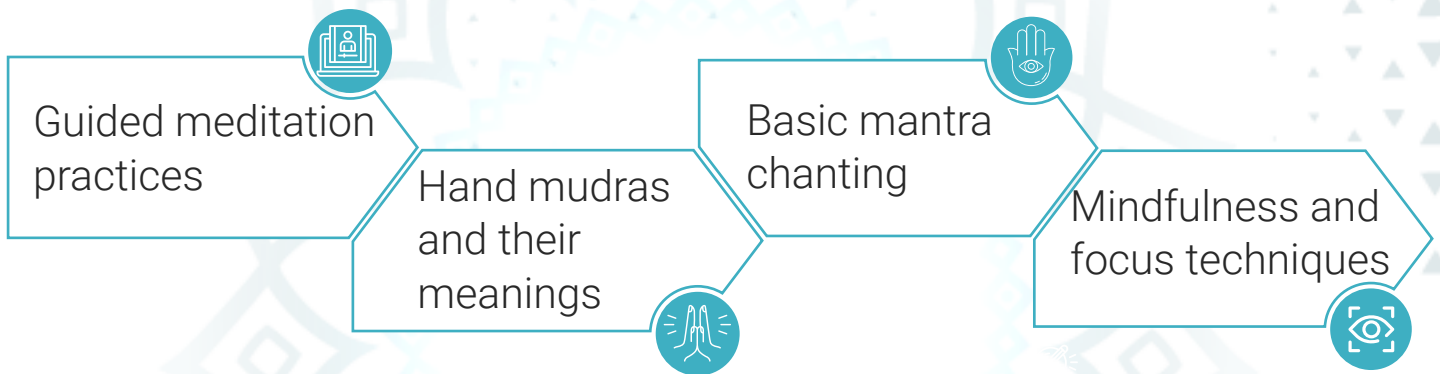


Advanced Practices and Mind-Body Connection

MEDITATION, MUDRAS, AND

Deepen your yoga practice through mental and awareness-based techniques.

➤ What You Learn



➤ Outcome

Improved concentration and mental clarity

Better emotional control

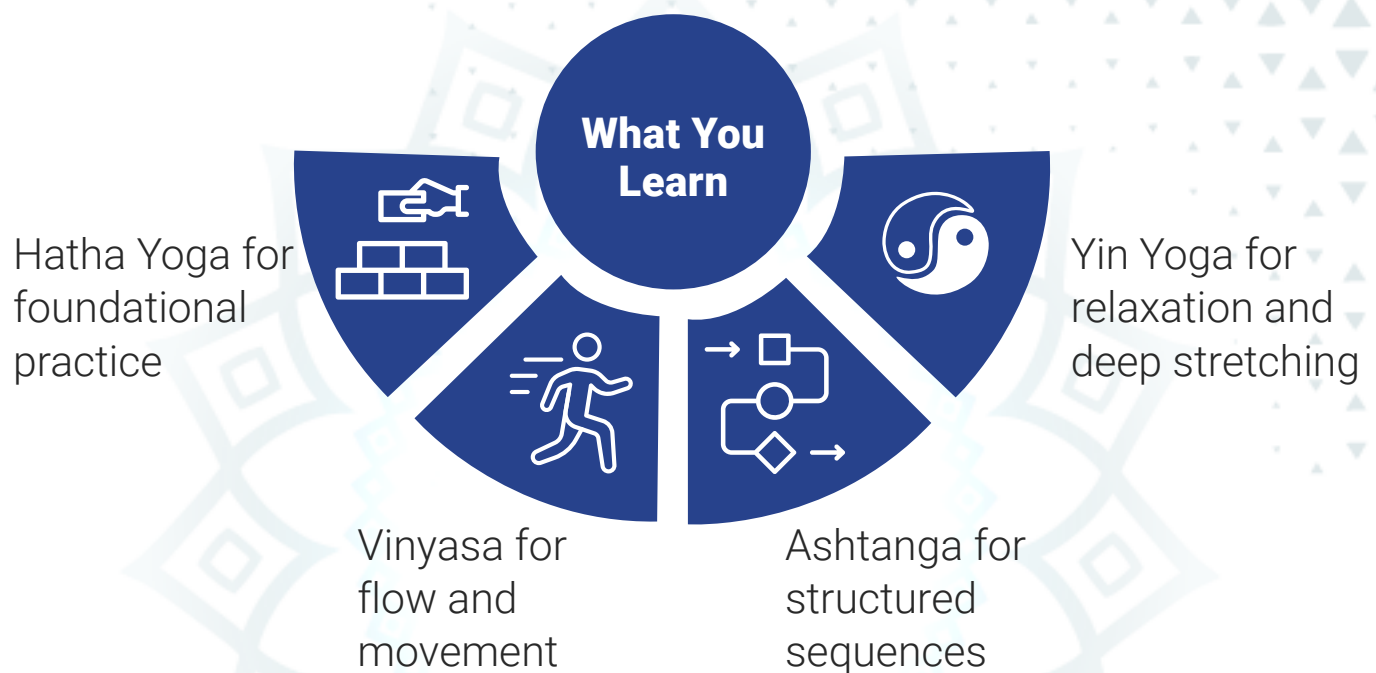
Greater sense of calm and balance



Explore Different Yoga Styles

Learn and experience multiple forms of yoga.

Yoga for Stress and Mental Wellness



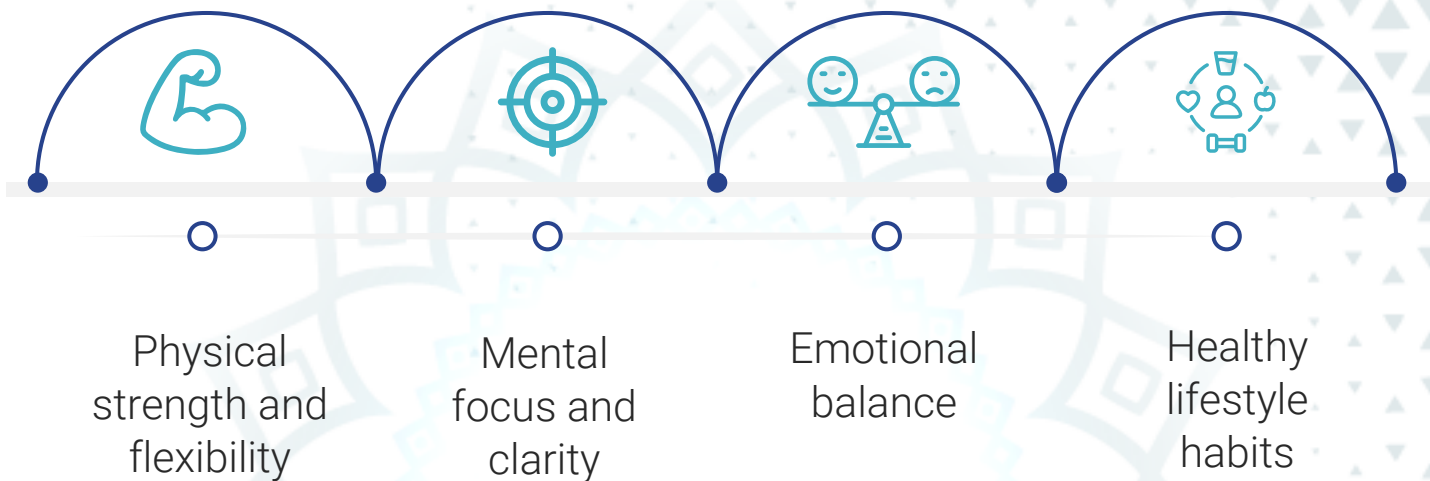
➤ Outcome



HOLISTIC BENEFITS OF YOGA

Students develop

WHAT YOU LEARN



CERTIFICATION

Students receive a course completion certificate recognising their learning and progress.

Long-Term Benefits



Improved posture and physical health



Reduced stress and anxiety



Better focus and memory



Stronger mind-body connection

Who This Course is For



Students



Individuals looking to improve mental well-being



Beginners starting their fitness journey



Anyone seeking a balanced lifestyle



Why Choose TutorX

1:1 personalized
classes

01

Certified &
experienced tutors

02

Flexible scheduling

03

Real project-based
learning

04

Regular progress
tracking

05

Parent feedback
sessions

06

Start Your IT Journey Today

Yoga is a lifelong practice that supports both physical health and mental clarity. Starting early helps build habits that last a lifetime.

Book Your Free Trial Session Today



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