Immersive sessions - Yoga

by Reality Academy

Practical course - 1d - 01 - Ref. 8YO

Price : 95 € E.T.

NEW

Enjeu : Le stress, la fatigue et les tensions physiques impactent le bien-être et la performance. Le yoga est une pratique complète qui favorise l'équilibre entre le corps et l'esprit. Ce que je vis : En immersion dans des environnements apaisants, vous pratiquez des exercices de respiration, des postures adaptées à votre niveau et des séances de relaxation profonde.

Teaching objectives

At the end of the training, the participant will be able to:

- Identify the mental and physical benefits of yoga.
- Apply breathing and relaxation techniques to promote relaxation and concentration.
- Practice yoga postures to improve flexibility, strengthen muscles and correct posture.
- Integrate yoga into your daily life to maintain a lasting balance between physical and mental well-being.

PARTICIPANTS

PREREQUISITES

TRAINER QUALIFICATIONS

The experts leading the training are specialists in the covered subjects. They have been approved by our instructional teams for both their professional knowledge and their teaching ability, for each course they teach. They have at least five to ten years of experience in their field and hold (or have held) decision-making positions in companies.

ASSESSMENT TERMS

The trainer evaluates each participant's academic progress throughout the training using multiple choice, scenarios, hands-on work and more.
Participants also complete a placement test before and after the course to measure the skills they've developed.

TEACHING AIDS AND TECHNICAL RESOURCES

• The main teaching aids and instructional methods used in the training are audiovisual aids, documentation and course material, hands-on application exercises and corrected exercises for practical training courses, case studies and coverage of real cases for training seminars.
• At the end of each course or seminar, ORSYS provides participants with a course evaluation questionnaire that is analysed by our instructional teams.
• A check-in sheet for each half-day of attendance is provided at the end of the training, along with a course completion certificate if the trainee attended the entire session.

TERMS AND DEADLINES

Practical details

Digital activities

By Reality Academy training courses are immersive and interactive. Learning by doing is a powerful skills-building tool: immersed in a virtual classroom, the learner selects his or her training course and plunges into the scenario. They experience a situation, make a decision in the 1st person and live the direct consequences.

Mentoring

The tutoring option offers personalized support from an ORSYS trainer who is an expert in the field. Adapted to the needs, abilities and pace of each learner, this tutoring combines asynchronous follow-up (personalized corrections of exercises, unlimited exchanges by message...) and individual synchronous exchanges. The result: better understanding, skills development and lasting commitment to training.

Pedagogy and practice

Get advice and feedback from leading experts. Discover their tricks of the trade and the reasons behind their successes through real-life testimonials. Learners take part in an active discovery exercise to complement and/or reinforce the expert's notional input, and benefit from feedback tailored to their response. During each course, discover operational cases created by experts to help learners put into practice what they have just learned. Find a complete and effective summary sheet! Each learner can keep a written record of what they've learned and the advice they've received.

Registration must be completed 24 hours before the start of the training.

ACCESSIBILITY FOR PEOPLE WITH DISABILITIES

Do you need special accessibility accommodations? Contact Mrs. Fosse, Disability Manager, at psh-accueil@orsys.fr to review your request and its feasibility.

Course schedule

1 Alternating breathing

Digital activities

Technique de respiration qui équilibre les énergies, calme l'esprit et améliore la concentration en alternant l'air entre les narines.

2 Grounded in the earth

Digital activities

Pratique méditative assise favorisant l'ancrage, la détente profonde et la clarté mentale grâce à une connexion renforcée avec la terre.

3 Kapalabhati (breath of fire)

Digital activities

Exercice de respiration dynamique purifiant les voies respiratoires, revitalisant le corps et clarifiant l'esprit par des expirations rapides.

4 Shoulder opening

Digital activities

Ensemble de postures visant à détendre, étirer et renforcer les épaules, améliorant la posture et réduisant les tensions.

5 Inner journey

Digital activities
Technique de méditation où un guide vocal oriente la conscience vers un état de relaxation profonde et une présence accrue.

6 Yin yoga

Digital activities
Style de yoga lent qui cible les tissus conjonctifs, favorise la flexibilité et la libération émotionnelle par des postures maintenues longtemps.