



Course details

Course title

Fitness and Exercise: Yoga to improve joint mobility and strength

Course code

Q00018230

Course date

Start: 10/01/25

End: 14/02/25

Number of classes

6 sessions

Timetable

Fri 10th Jan, 9:30 to 11:00

Fri 17th Jan, 9:30 to 11:00

Fri 24th Jan, 9:30 to 11:00

Fri 31st Jan, 9:30 to 11:00

Fri 7th Feb, 9:30 to 11:00

Fri 14th Feb, 9:30 to 11:00

Tutor

Nicola Bailey

Fee range

Free to £37.00

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Enhance your well-being with our Yoga to Improve Joint Mobility and Strength course. This class focuses on yoga practices specifically designed to increase joint flexibility and build muscle strength. Through a blend of mindful movements, stretching, and strength-building postures, you will learn techniques to support and protect your joints. Suitable for all levels, this course encourages you to listen to your body and adapt practices to meet your individual needs. Enjoy a supportive environment where you can develop greater joint mobility and strength, ultimately improving your overall physical health and quality of life.

Course description

This course is ideal for anyone looking to enhance their joint mobility and strength through yoga. Suitable for participants of all levels who can comfortably get up and down from the floor, it focuses on safe, mindful practices tailored to individual needs. You will learn to connect with your breath to create a calm, focused state as you engage in a variety of movements designed to increase joint flexibility and muscle strength.

The course includes a mix of gentle stretching, strengthening postures, and mindful movements aimed at supporting joint health. Emphasis is placed on practicing a balanced range of movements to promote joint stability and prevent injury. You will explore breathing techniques and guided relaxation methods that complement the physical practices, helping to relieve tension and enhance overall mobility.

Throughout the course, you will be encouraged to become more aware of how your body feels as it moves, fostering a deeper connection and understanding of your physical capabilities. By the end of the course, you will be able to create a personalized yoga routine that supports your joint health and strength. This foundational course can also serve as a gateway to more advanced yoga practices for ongoing physical well-being.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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