

## Course details

### Course title

Fitness and Exercise: Yoga to support a healthy digestive system

### Course code

Q00018232

### Course date

Start: 28/02/25

End: 04/04/25

### 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

Discover the benefits of yoga for your digestive health with our Yoga to Support a Healthy Digestive System course. This class focuses on yoga practices designed to enhance digestion and alleviate digestive discomfort. Through a combination of gentle postures, breathwork, and relaxation techniques, you will learn methods to stimulate and support your digestive organs. Suitable for all levels, this course encourages mindful movement and listening to your body's

needs. Experience a supportive environment where you can improve your digestive health, increase comfort, and enhance overall well-being through the practice of yoga.

## **Course description**

This course is perfect for anyone looking to improve their digestive health through the practice of yoga. Suitable for participants of all levels who can comfortably get up and down from the floor, it emphasizes safe and attentive practices tailored to individual needs. You will learn to connect with your breath to create a calm, focused state as you engage in movements designed to support and stimulate your digestive organs.

The course includes a variety of gentle postures, twists, and forward bends that are known to aid digestion and relieve digestive discomfort. Breathing techniques and guided relaxation will complement these physical practices, helping to reduce stress and promote a healthy digestive system. Emphasis is placed on practicing a balanced range of movements to support digestive health and overall well-being.

Throughout the course, you will be encouraged to become more aware of how your body feels during these practices, moving with care and attention. This awareness will help you identify which practices are most beneficial for you, fostering confidence in your ability to practice independently.

By the end of the course, you will be equipped to create a personalized yoga routine that supports and enhances your digestive health. This foundational course can also serve as a stepping stone to more advanced practices focused on holistic 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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