



## Course details

### Course title

Fitness and Exercise: Yoga to support stress management

### Course code

Q00018234

### Course date

Start: 24/04/25

End: 22/05/25

### Number of classes

5 sessions

### Timetable

Thu 24th Apr, 10:00 to 11:45

Thu 1st May, 10:00 to 11:45

Thu 8th May, 10:00 to 11:45

Thu 15th May, 10:00 to 11:45

Thu 22nd May, 10:00 to 11:45

### Tutor

Nicola Bailey

### Fee range

Free to £37.80

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

Kagyü Samye Dzong Scarborough  
Londesborough Lodge  
The Crescent  
Scarborough  
YO11 2PW

## **Level of study**

Beginners

## **Course overview**

Discover how yoga can help you manage stress with our Yoga to Support Stress Management course. This class focuses on yoga practices designed to reduce stress and promote relaxation. Through a combination of gentle postures, breathwork, and mindfulness techniques, you will learn methods to calm the mind and relieve tension in the body. 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 effective strategies for managing stress, enhancing your overall well-being through the practice of yoga.

## **Course description**

This course is ideal for anyone seeking to manage stress through the practice of yoga. Suitable for participants of all levels who can comfortably get up and down from the floor, it emphasizes 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 movements designed to reduce stress and promote relaxation.

The course includes a variety of gentle postures, restorative poses, and mindfulness techniques that are known to alleviate stress and tension. Breathing exercises and guided relaxation will complement these physical practices, helping to quiet the mind and foster a sense of inner peace. Emphasis is placed on practicing a balanced range of movements to support both mental and physical well-being.

Throughout the course, you will be encouraged to become more aware of how your body and mind respond to 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 effective stress management. This foundational course can also serve as a gateway to more advanced yoga practices focused on holistic wellness.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/24-april-fitness-and-exercise-yoga-support-stress-management>