

## Course details

### Course title

Fitness and Exercise: Yoga to improve mental wellbeing

### Course code

Q00018238

### Course date

Start: 06/06/25

End: 11/07/25

### Number of classes

6 sessions

### Timetable

Fri 6th Jun, 9:30 to 11:00

Fri 13th Jun, 9:30 to 11:00

Fri 20th Jun, 9:30 to 11:00

Fri 27th Jun, 9:30 to 11:00

Fri 4th Jul, 9:30 to 11:00

Fri 11th Jul, 9:30 to 11:00

### Tutor

Nicola Bailey

### Fee range

Free to £33.30

### 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 mental wellbeing with our Yoga to Improve Mental Wellbeing course. This class focuses on yoga practices designed to promote mental clarity, emotional balance, and stress reduction. Through a combination of gentle postures, breathwork, and mindfulness techniques, you will learn methods to calm the mind and support mental health. Suitable for all levels, this course encourages mindful movement and listening to your body's needs. Enjoy a supportive environment where you can develop effective strategies for improving your mental wellbeing and overall quality of life through the practice of yoga.

**Course description**

This course is perfect for anyone looking to improve their mental wellbeing 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 support mental clarity and emotional balance.

The course includes a variety of gentle postures, restorative poses, and mindfulness techniques that are known to enhance mental wellbeing. Breathing exercises and guided relaxation will complement these physical practices, helping to reduce stress, anxiety, and depression while fostering a sense of inner peace. Emphasis is placed on practicing a balanced range of movements to support both mental and physical health.

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 and enhances your mental wellbeing. 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.

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