



## Course details

### Course title

Fitness and Exercise: The Secret Power of Yoga

### Course code

Q00017811

### Course date

Start: 08/01/25

End: 19/03/25

### Number of classes

11 sessions

### Timetable

Wed 8th Jan, 18:30 to 20:30

Wed 15th Jan, 18:30 to 20:30

Wed 22nd Jan, 18:30 to 20:30

Wed 29th Jan, 18:30 to 20:30

Wed 5th Feb, 18:30 to 20:30

Wed 12th Feb, 18:30 to 20:30

Wed 19th Feb, 18:30 to 20:30

Wed 26th Feb, 18:30 to 20:30

Wed 5th Mar, 18:30 to 20:30

Wed 12th Mar, 18:30 to 20:30

Wed 19th Mar, 18:30 to 20:30

### Tutor

Ione Harris

### Fee range

Free to £84.00

### 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**

Shekinah Endeavour House (Torquay)

Endeavour House, 228 Union Str

Torquay

TQ2 5QS

## **Level of study**

Beginners

## **Course overview**

Discover the benefits of yoga with our Fitness and Exercise: The Secret Power of Yoga course. Learn yoga poses and techniques to improve physical and mental well-being. Ideal for individuals looking to enhance their fitness and reduce stress.

## **Course description**

Fitness and Exercise: The Secret Power of Yoga is designed to introduce individuals to the benefits of yoga for physical and mental well-being. This course covers essential yoga poses, breathing techniques, and relaxation methods. Participants will learn how to practice yoga safely and effectively, improving flexibility, strength, and balance. The course includes guided yoga sessions, demonstrations, and tips for incorporating yoga into daily life. By the end of the course, participants will have developed a solid foundation in yoga practice and experienced the benefits of regular yoga for fitness and stress reduction. This course is ideal for individuals looking to enhance their fitness, reduce stress, and improve overall well-being through yoga.

## **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/8-january-fitness-and-exercise-secret-power-yoga>