



## Course details

### Course title

Healthy Living: Yoga

### Course code

Q00017103

### Course date

Start: 04/06/25

End: 09/07/25

### Number of classes

6 sessions

### Timetable

Wed 4th Jun, 10:00 to 12:30

Wed 11th Jun, 10:00 to 12:30

Wed 18th Jun, 10:00 to 12:30

Wed 25th Jun, 10:00 to 12:30

Wed 2nd Jul, 10:00 to 12:30

Wed 9th Jul, 10:00 to 12:30

### Tutor

Ione Harris

### Fee range

Free to £63.00

### 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

Begin your yoga journey with our Healthy Living: Yoga course. Learn the foundational principles of yoga, including breathwork, meditation, and basic poses. Ideal for individuals new to yoga or those looking to refresh their practice.

## Course description

Healthy Living: Yoga is designed to introduce participants to the core elements of yoga, focusing on breathwork, meditation, and foundational asanas (poses). This course covers the essential principles of yoga, helping participants to develop a balanced and mindful practice. Participants will learn how to integrate yoga into their daily lives, with guidance on aligning posture, improving flexibility, and enhancing mental clarity. The course includes practical sessions where participants can practice poses and techniques, as well as discussions on the philosophy and benefits of yoga. By the end of the course, participants will have a solid foundation in yoga and the tools to continue their practice independently. This course is ideal for beginners or those looking to refresh their yoga practice.

## 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/4-june-healthy-living-yoga>