



## Course details

### Course title

Fitness and Exercise: The Secret Power of Yoga

### Course code

Q00016956

### Course date

Start: 23/04/25

End: 16/07/25

### Number of classes

13 sessions

### Timetable

Wed 23rd Apr, 18:30 to 20:30

Wed 30th Apr, 18:30 to 20:30

Wed 7th May, 18:30 to 20:30

Wed 14th May, 18:30 to 20:30

Wed 21st May, 18:30 to 20:30

Wed 28th May, 18:30 to 20:30

Wed 4th Jun, 18:30 to 20:30

Wed 11th Jun, 18:30 to 20:30

Wed 18th Jun, 18:30 to 20:30

Wed 25th Jun, 18:30 to 20:30

Wed 2nd Jul, 18:30 to 20:30

Wed 9th Jul, 18:30 to 20:30

Wed 16th Jul, 18:30 to 20:30

### Tutor

Ione Harris

### Fee range

Free to £100.80

## **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**

St Johns Church

26 Bridgetown

Totnes

TQ9 5BU

## **Level of study**

Beginners

## **Course overview**

Unlock the transformative power of yoga with our Fitness and Exercise: The Secret Power of Yoga course. Learn how yoga can improve your physical health, mental clarity, and emotional well-being. Ideal for individuals at all levels of yoga practice.

## **Course description**

Fitness and Exercise: The Secret Power of Yoga is designed to introduce participants to the holistic benefits of yoga, emphasizing its potential to enhance physical, mental, and emotional well-being. This course covers the foundational principles of yoga, including breathwork, meditation, and asanas (poses), and explores how these elements work together to promote overall health. Participants will learn how to develop a consistent yoga practice that supports their individual needs and goals, whether they are new to yoga or experienced practitioners. The course includes guided practice sessions, discussions on the philosophy of yoga, and tips for integrating yoga into daily life. By the end of the course, participants will have a deeper understanding of the transformative power of yoga and how it can be used as a tool for personal growth and well-being. This course is ideal for anyone interested in exploring the benefits of yoga, regardless of their level of experience.

## **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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