



## Course details

### Course title

Fitness and Exercise: International Women's Day – Yoga for female pelvic health

### Course code

Q00018233

### Course date

Start: 06/03/25

End: 06/03/25

### Number of classes

1 sessions

### Timetable

Thu 6th Mar, 18:00 to 20:00

### Tutor

Nicola Bailey

### Fee range

Free to £7.40

### 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**

Celebrate International Women's Day by joining our special Yoga for Female Pelvic Health course. This class focuses on yoga practices that promote pelvic health, tailored specifically for women. Through a combination of gentle postures, breathing exercises, and guided relaxation, you will learn techniques to strengthen and support your pelvic floor muscles. This course is designed to enhance your overall well-being, helping to alleviate pelvic discomfort and improve stability. Open to all women, regardless of yoga experience, you will be encouraged to listen to your body and adapt movements to meet your individual needs in a supportive and nurturing environment.

## **Course description**

This course, celebrating International Women's Day, is designed for women who wish to focus on improving their pelvic health through yoga. Suitable for all women who can comfortably get up and down from the floor, it emphasizes safe and attentive practice tailored to individual needs. You will learn to connect with your breath to create a calm, focused state as you engage in a series of movements aimed at strengthening and supporting the pelvic floor muscles. The course will highlight the importance of maintaining a balanced range of movements to enhance pelvic stability and overall well-being.

Throughout the course, you will explore a variety of gentle postures, breathing techniques, and guided relaxation methods that support pelvic health. You will be encouraged to become more aware of how your body feels during 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 personalised yoga routine to maintain and support your pelvic health. This foundational course can also serve as a stepping stone to more advanced practices focused on women's health and 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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