

# Pilates for Wellbeing - 1

## About the Course

This course is designed to promote physical and mental health through the practice of Pilates, a mind-body exercise that emphasizes core strength, flexibility, and overall body awareness. Over ten weeks, you will develop a basic understanding of Pilates principles, improve your physical fitness, and cultivate a greater sense of mental and emotional wellbeing. This course is suitable for beginners.

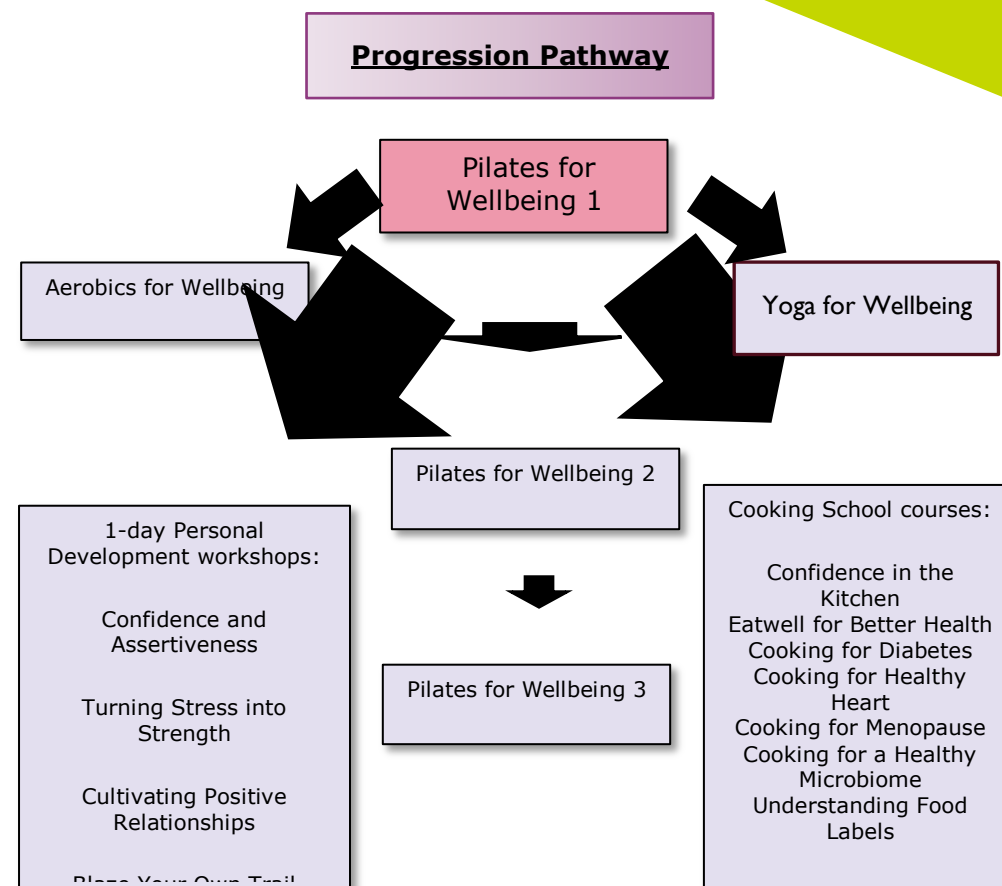
## Course Learning Outcomes

1. Perform a range of basic Pilates exercises.
2. Evaluate the effects of Pilates practice on your sense of wellbeing.

***What is needed for this course:*** To successfully complete this course, you must commit to full attendance and punctuality. You will also be required to use basic digital skills throughout the course to access and support your learning materials

1. Wear comfortable clothing, that allows you to move freely.
2. You can use one of our mats or bring your own.

***If you need any additional support, please call us: 02085836000.***



**We can also provide you with information, advice and guidance for employment or further learning.**

Please speak with your tutor or  
Call 020 8583 6174 to speak to an advisor  
or  
Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk) or