

## Yoga for Wellbeing 3

### About the Course

This 10-week course aims to improve participants' physical fitness by guiding them through a variety of yoga postures (asanas) that build strength, increase flexibility, and enhance overall body alignment. Through the integration of breathwork (pranayama) and meditation, the course seeks to improve your mental clarity and focus. You will learn techniques to calm the mind, enhance concentration, and cultivate a sense of inner peace. This course is suitable for learners progressing from Yoga for Wellbeing 1 and 2 courses as well as for beginners.

### Course Learning Outcomes

- Perform an extended range of yoga poses
- Increase your sense of wellbeing through Yoga practice

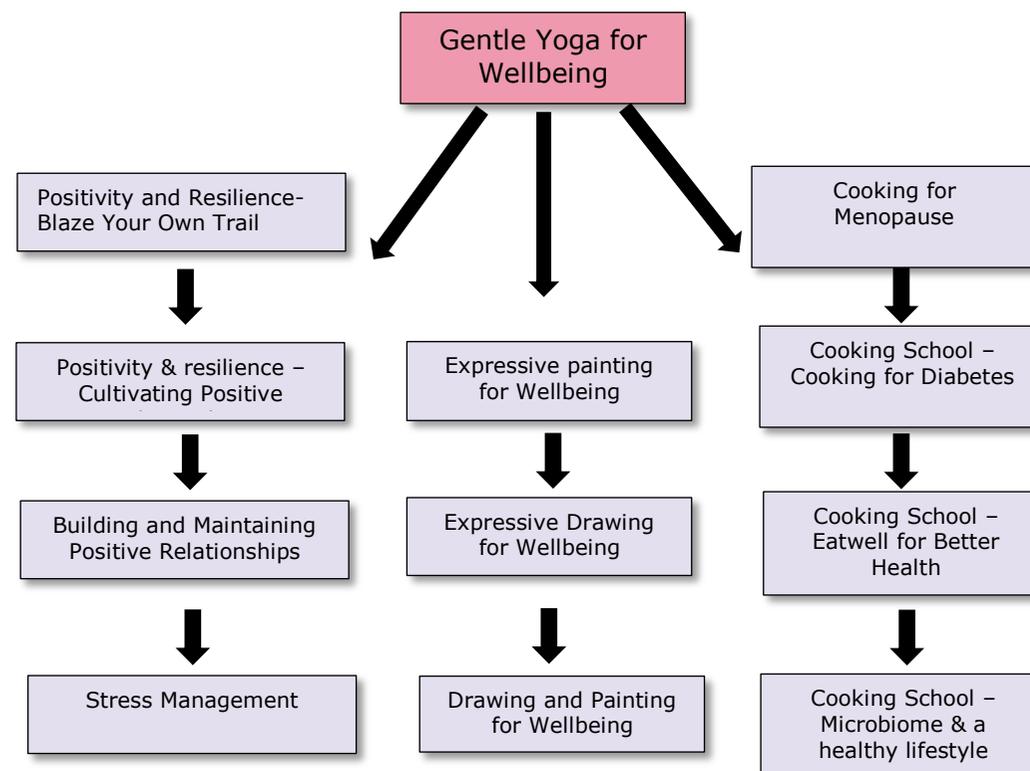
***Please note: To successfully complete this course you must commit to 100% attendance and punctuality.***

### What is needed for the course?

- Wear comfortable clothing, that allows you to move free
- You can use one of our yoga mats, or bring your own
- You may also bring yoga block and blanket or scarf

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

### Progression Pathway



**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
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)