

Gentle Yoga for Wellbeing 3

About the Course

This 10-week course aims to improve participants' physical health through gentle yoga postures that enhance flexibility, balance, and mobility. You will practice yoga techniques, including breathwork and meditation, that are specifically designed to promote relaxation and reduce stress. The course intends to equip you with tools to manage stress and cultivate a sense of calm in your daily life. This course intends to make yoga accessible to all, regardless of age, fitness level, or physical limitations, with an emphasis on safe, mindful movement, therefore both chairs and mats will be provided.

Course Learning Outcomes

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

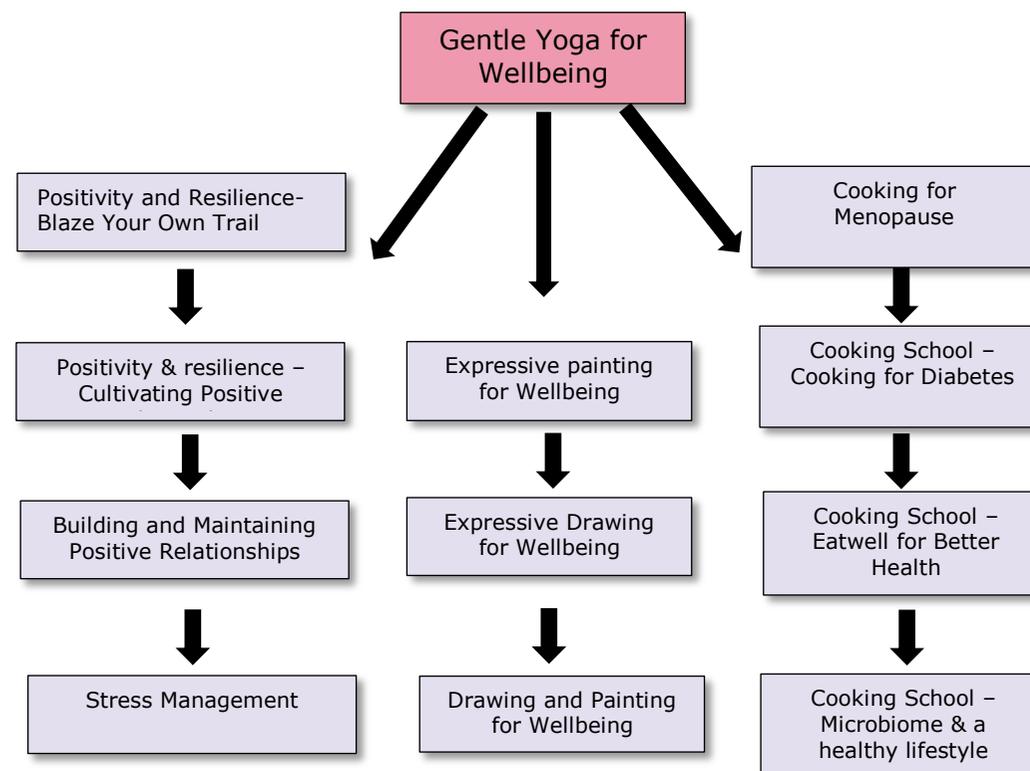
Please note: To successfully complete this course, you must commit to 100% attendance and punctuality.

What is needed for the course?

- Wear comfortable clothing, that allows you to move freely
- You can use one of our yoga mats, or bring your own
- We recommend that you bring any mobility equipment you currently use, that may enable you to participate in exercises

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 or
- ▶ Visit www.workhounslow.co.uk