

Pilates for Wellbeing 3

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 further your basic understanding of Pilates principles, improve your physical fitness, and cultivate a greater sense of mental and emotional wellbeing. This course is suitable for learners progressing from Pilates for Wellbeing 1 and 2 courses as well as for beginners.

Course Learning Outcomes

- Perform range of Pilates exercises
- Evaluate the effects of Pilates practice on your mood and energy

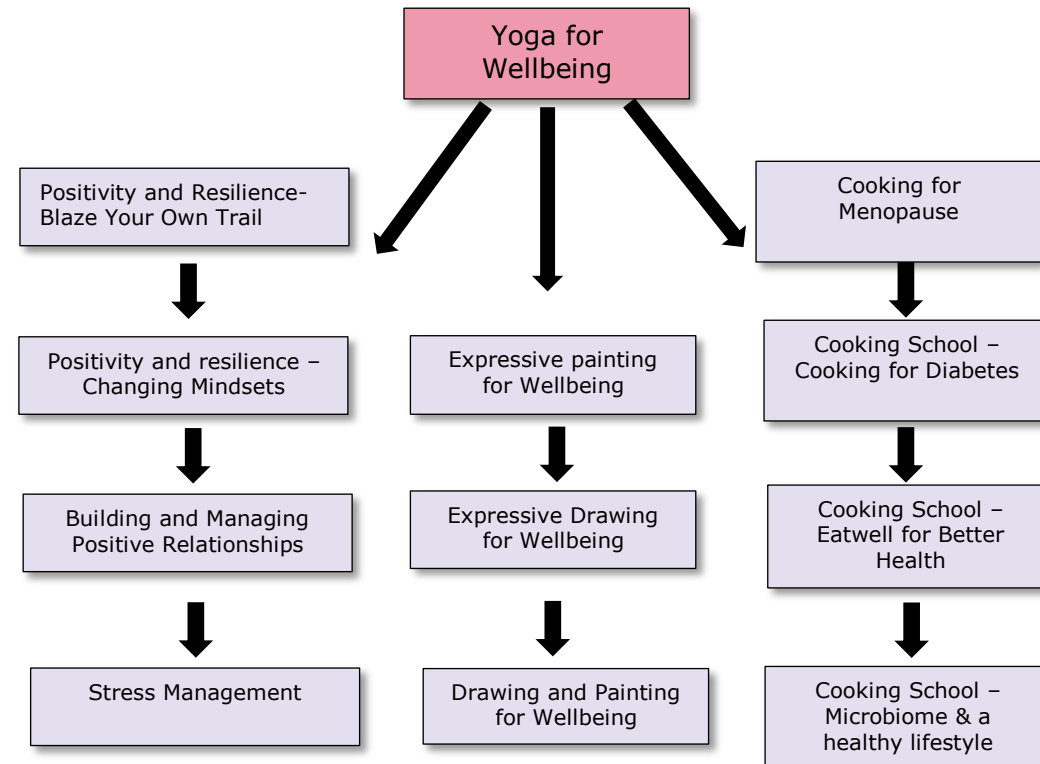
Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

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

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