

# Chair Yoga for Wellbeing

## About the Course

This 10-week Chair Yoga for Wellbeing course is designed to gently support your physical and emotional health using accessible, seated and supported yoga practices. Throughout the programme, you will explore simple movements that help improve flexibility, balance, and everyday mobility, all while working safely within your own comfort level.

You'll also learn foundational wellbeing techniques—including breathwork, mindfulness, and short guided relaxations—that encourage calm, reduce stress, and promote a greater sense of ease in daily life.

The course aims to equip you with practical tools you can continue to use beyond the sessions, helping you build confidence, improve body awareness, and foster long-term wellbeing. Chair yoga is designed to be inclusive and adaptable for all ages, fitness levels, and physical abilities, with a focus on slow, mindful, and supportive movement.

## Course Learning Outcomes

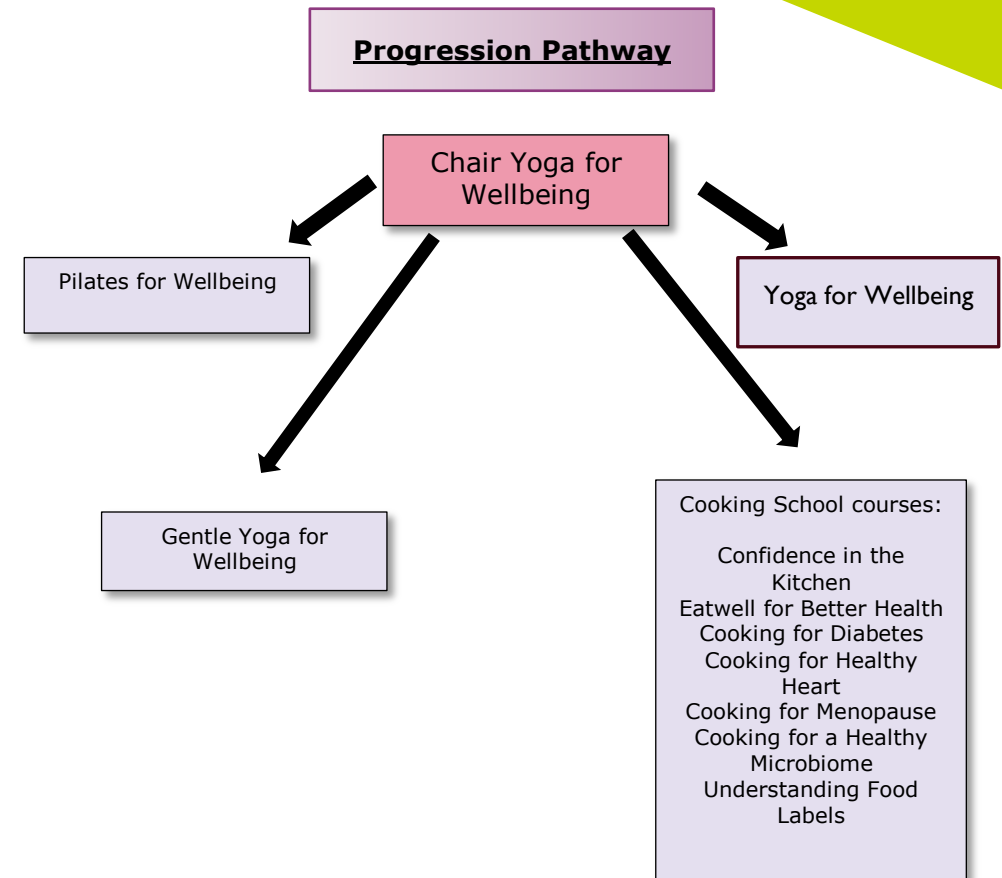
- Perform a range of Chair Yoga exercises
- Increase your sense of wellbeing through Chair Yoga practice

***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.
- 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.***



**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)