

# Yoga for Healthy Backs



## Leisure and Professional

In Yoga for Healthy Backs, we will be exploring movements and sequences that help to free the muscles and joint areas that lead to back pain.

Some of us experience lower back pain, while some experience pain in the neck and between the shoulders. We will learn about the bones and muscles of the back and spine, and explore our postural habits and startle-reflexes that also lead to back issues.

Each class will include somatic experiencing exercises, yoga sequences, and a series of stretches and breathing patterns that can help us to release pain and also manage it better.

This course is open to people of all levels.



Scan the QR Code for full course description, assessment and progression options from this course

### ENTRY REQUIREMENTS



### LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 18 September 2024



<b>LEVEL</b> No Qualification	<b>DURATION</b> 12 weeks - 1 evening per week
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £18.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



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apply online**



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## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and  
apply online

