

# Yoga for Healthy Hips



## Leisure and Professional

In Yoga for Healthy Hips, we will look at the hip joint and the many muscles around the legs, hips and pelvis.

In this class we will explore how to free pain and tension in the hip joint, and how to mobilise the joint and integrate it better with the pelvis. This class will also look at posture and how the way in which we stand and sit can affect the health of our hips.

We will also explore exercises that free the pelvis and tight leg muscles, which can also lead to hip pain and discomfort. This class will include somatic and yoga sequences, and some stretches and restorative postures

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 - 15 January 2025



<b>LEVEL</b> No Qualification	<b>DURATION</b> 12 weeks - 1 evening per week
<b>ATTENDANCE</b> Part-time	<b>FEES</b> Tuition Fees: £16.00

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.



**Find out more and  
apply online**



# Yoga for Healthy Hips



Leisure and Professional

## 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

