

# Yoga for Wellbeing



## Leisure and Professional

In Yoga For Wellbeing, we will explore a range of somatic and yoga sequences that help us release tension, rebalance our nervous system, reconnect with our body, and breathe better.

This class will mobilise and release all of the major joint areas of the body. We will practise strengthening sequences and take the spine through its full range of movements.

The tutor will offer guided meditations, yoga nidr, and breathing exercises at the beginning and end of each class. This is great for people who experience stress and need to relax and reset.



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 - 29 April 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: £14.00

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**

