

Yoga for Wellbeing

Course Name	Start Date	End Date	Site	Total Fees
Yoga for Wellbeing	18/09/2026	11/12/2026	ENDERBY ADULT LEARNING CENTRE	126.20
Yoga for Wellbeing	08/01/2027	19/03/2027	ENDERBY ADULT LEARNING CENTRE	105.50
Yoga for Wellbeing	16/04/2027	25/06/2027	ENDERBY ADULT LEARNING CENTRE	105.50
Yoga for Wellbeing	17/09/2026	10/12/2026	LOUGHBOROUGH MOIRA CENTRE	126.20
Yoga for Wellbeing	07/01/2027	18/03/2027	LOUGHBOROUGH MOIRA CENTRE	105.50
Yoga for Wellbeing	22/04/2027	01/07/2027	LOUGHBOROUGH MOIRA CENTRE	105.50
Yoga for Wellbeing	16/09/2026	09/12/2026	HINCKLEY LIBRARY	126.20
Yoga for Wellbeing	06/01/2027	17/03/2027	HINCKLEY LIBRARY	105.50
Yoga for Wellbeing	21/04/2027	30/06/2027	HINCKLEY LIBRARY	105.50

01. Who is this course for?

This course is suitable for anyone that would like to improve their wellbeing through movement and breathwork following the ancient discipline and traditional teachings of yogic philosophy. As long as you are able to get down onto a yoga mat and back up again, whether you are a beginner or current yoga practitioners, all are welcome. Each week will work to build confidence, strength and technique to improve physical health, strength and flexibility. This course can be completed 3 times in total.

02. What will I learn?

Each week we will practise breathing exercises to manage stress and anxiety. We will learn sequences and poses to improving strength and build muscle tone, co-ordination and balance. We will learn how to quieten the mind to bring a sense of peace and calm to ourselves. Leaving the class feeling better within ourselves. All techniques will be based on the 8 Limbs of yoga with information and learning the philosophy to support the experience.

03. How will I learn?

This is a tutor-led yoga class. The content of the practices is carefully put together to build safely and progressively, always focusing on the needs of the individual. Learners will also receive regular verbal and written feedback on their progress. You will also be asked to complete a personal learner diary as part of an Individual Learning Plan (ILP).

04. What will I need to bring?

Please wear loose, comfortable clothing that is suitable for exercise and relaxation. You will also need a non-slip mat and a bottle of water/soft drink.. A blanket in the winter is often appreciated during the relaxation.

05. What skills or experience do I need?

This course is for anyone that would like to improve their wellbeing. Learners are asked to complete a Physical Activity Readiness Questionnaire (PARQ) before starting any exercise class.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

This course can be completed three times only. Upon completing this course, you may wish to try one of our other exercise classes, such as 'Wellbeing Exercise: Back, Neck and Shoulder Strengthening' or 'Ballet Barre Fitness'. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.

08. How will I be supported in my learning?

We aim to support all learners to succeed. When you enrol on your course you will be asked if you have any learning difficulties and/or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. Your course may be FREE if you are unemployed or earn under £26,800 before deductions. If you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course at a 70% reduced fee cost. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk