

# Preparing to work in the Wellness Industry : Yoga & Fitness

Subject Area	Hair, Beauty & Barbering, Health & Social Care
Course Type	Adult
Study Level	No formal qualification
Delivery Mode	Full-time
Location	David Hockney Building
Duration	11 Week
Start Date	September 2024
Course Code	PA000216

## Course Summary

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Looking to get into yoga and fitness? Our part-time course offers an ideal starting point for beginners or a more advanced level for those looking to improve their skills and techniques in the area. Courses will run at the David Hockney Building. For more information, please email [community@bradfordcollege.ac.uk](mailto:community@bradfordcollege.ac.uk)

## What You Will Learn

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This is a great introduction to Yoga in a fun and safe environment. It is perfect for beginners and suitable for anyone looking to revisit the fundamentals of Yoga. This course provides an introduction from which you may improve posture, refine breathing, tone and strengthen the body whilst improving flexibility and exploring Pranayama (breath control). This course will expand on the knowledge gained in the introductory course.

## Entry Requirements

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There are no entry requirements for this course apart from an interest in the subject and

the ability to commit to positive behaviours and attendance. You will have a 1-1 meeting with a member of our team to ensure this is the right course for you.

**Disclaimer:** Our prospectus, college documents and website are simply here to offer a guide. We accept no liability for any inaccurate statements and are not responsible for any negative outcomes if you rely on an inaccurate statement. We reserve the right to withdraw any programmes or service at any time.