

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	PA000217

Course Summary

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

What You Will Learn

Would you like to improve your spiritual wellbeing? This course has numerous benefits for mind, body and soul. Build muscle strength and perfect your posture whilst building your fitness levels. Protect your spine and prevent cartilage and joint breakdown. Increase your blood flow and boost your immunity. Learn how to prepare your own fitness programme to fit your needs.

Entry Requirements

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 it's 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.