

Introduction to ESOL Yoga Term 1

Course Overview

This course is for adults whose first language is not English and is available at the Ross Walk Centre in Belgrave. It will help you to improve your knowledge of the benefits of yoga exercises for health and well-being. The course runs termly and students can join at any point in the term.

What you will learn

Improve your English and wellbeing in a friendly, supportive environment. This course combines practical ESOL lessons with gentle yoga to build language skills, confidence, and relaxation. Enjoy learning through movement, mindfulness, and communication. Improve flexibility, reduce stress, and connect with others in a calm and welcoming space at the Ross Walk Centre in Belgrave.

Entry Requirements

There are no formal entry requirements. Your level of English will be assessed at the time of enrolment.

Course Progression

This course is aimed to supplement your learning programme and improve your health and well-being. Your tutor will advise you on progression. You will have the opportunity to progress to higher level yoga classes or to take classes in a different subject. Careers Information, advice and guidance is also available at Leicester College.

What Happens Next

Apply online via the College website. You will be contacted to come into College if required, or you will be sent a conditional offer according to the entry requirements for the course. You will then be invited in to enrol for your chosen course of study. For enrol and pay courses: Once you have decided to take the course, you need to fill in a short student details form online and pay the course fee. Once you have done this, you will receive an electronic confirmation of enrolment and payment.

Course Details

Course Code	P00920
Start Date	Various
Study Hours	Part Time
Duration	Various
Campus	Ross Walk
Level	M

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