



Health and Wellbeing

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Healthy Mind and Body

Coaching for Positive Change - Taster - Course code C3746184

Explore some relaxation techniques: guided meditation and breathing. Looking at positive actions for fulfilment and how you can regain control over your life.

Friday 22/01/21, 1 week, 10.00am-12pm, £6.40

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746184>

Coaching for Positive Change - Course code C3746185

Learn techniques to overcome anxiety and develop positive attitudes to change.

Breathing, Mindfulness and relaxation and much more. **Friday 05/02/21, 7 weeks, 10.00am-**

12pm, £44.80 <https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746185>

Resilience – How to Bounce Back and Grow Course Code C3746198

This course enables you to practice and embed key skills to help you meet life's challenges.

Starting 27/01/21 Wednesday, 10 week course 10am-12pm, £64.00

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746198>

Dancercise Course Code C3746200

Get up, get moving, get smiling! A dance based workout with high and low impact options. This course is for all abilities and Adults with Disabilities are very welcome.

Starting Wednesday 27/01/21, 9 weeks, 11.30-12.30, Cost: £28.80

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746200>

Yoga 4 All Course code C3746201

A gentle yoga course. Mat or chair based yoga accessible for everyone.

Starting Monday 25/01/21, 9 weeks, 10-11am, Cost: £28.80

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746201>

Tai Chi Short Form Course code C3746205

An introduction to Tai Chi, with various exercises for general health and wellbeing.

Starting Wednesday 20/01/21, 10 weeks, 09.30-10.30am, £32.00

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746205>

Tai Chi and Chi Kung Course code C3746206

Learn some of the principles of Tai Chi and Chi Kung and you'll be able to bring into your daily life.

Starting Tuesday 19/01/21, 10 weeks, 11.30am-12.30pm, £32.00

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746206>

Singing for Joy Course code C3746208

Try different vocal styles and genres in a fun and supportive environment, no previous experience necessary. **Starting Wednesday 13/01/21, 10 weeks, 12-1.30pm, £48.00**

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746208>

Dancing for Joy Course code C3746209

Every week a different style, from Jazz to Motown, Pop to Charleston, Jive to Country. Improve fitness and mental well-being in a fun and supportive environment!

Starting Thursday 14/01/21, 10 weeks, 12.30-2pm, £48.00

<https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746209>

To Enrol: Call 0300 303 3464 or enrol online at www.wea.org.uk

All courses FREE if in receipt of benefits



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