



## Course details

### Course title

Healthy Living: Stress Release Exercises to Heal and Restore the Body Part 3

### Course code

Q00028737

### Course date

Start: 16/07/26

End: 30/07/26

### Number of classes

3 sessions

### Timetable

Thu 16th Jul, 10:00 to 12:00

Thu 23rd Jul, 10:00 to 12:00

Thu 30th Jul, 10:00 to 12:00

### Tutor

Lisa Richards

### Fee range

Funding available - £48.00

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## **Level of study**

Beginners

## **Course overview**

This restorative, beginner-friendly course is designed to help you reduce stress, release tension, and support your overall wellbeing through gentle, practical mind-body exercises. Across seven guided online sessions, you'll explore simple techniques that calm the nervous system, ease physical tightness, and promote emotional balance.

## **Course description**

Led by tutor Lisa Richards, the course introduces accessible practices suitable for all experience levels. You'll learn how stress affects the body and discover effective ways to restore a sense of ease using movement, breathwork, relaxation, and grounding exercises. Each session offers a supportive space to reconnect with your body, develop healthier habits, and build confidence in managing stress day-to-day.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/16-july-healthy-living-stress-release-exercises-heal-and>