

5-Weeks of Pilates: Mind and Movement

Location	Stretford Campus
Course Type	Adult
Department	Health & Social Care
Start Date	Friday 16th January 2026
Duration	Part-time, 4 Weeks
Time	13:30 - 15:30
Fee	£ 45.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	TPQ-CYXZ-1205

Course Overview

This 5-Week course introduces learners to the foundations of Pilates and mindfulness to support physical wellbeing, balance, and mental clarity. Learners will explore gentle Pilates movements to build core strength, flexibility, and posture, alongside simple mindfulness techniques to reduce stress and improve focus. Each session provides a calm, supportive environment that encourages relaxation, body awareness, and confidence in movement.

Course Requirements

No formal qualifications are required. This course is suitable for adults aged 19+ who would like to improve physical wellbeing, reduce stress, or build confidence in gentle movement. All fitness levels are welcome. Movements can be adapted to suit individual needs.

What You Will Learn

By the end of the course, students will:

- Understand basic Pilates principles including breathing, alignment, and core stability
- Practise gentle Pilates exercises to build strength, balance, and flexibility
- Develop awareness of posture and movement patterns
- Learn simple mindfulness techniques such as breathing exercises and grounding
- Build confidence in using movement and mindfulness to support everyday wellbeing

Assessment

This course is informally assessed through participation in movement routines, mindfulness activities, and group discussion. Students will receive supportive guidance and feedback throughout. There is no formal exam or written test.

Progression

Students can progress to:

Other wellbeing courses such as Confidence Building
Community fitness classes
Longer personal development or lifestyle-focused courses

Career Options

This course can help learners build transferable wellbeing skills useful in a range of roles including:

- Health and social care
- Community work and wellbeing support
- Education and classroom support roles
- Any role requiring resilience, calmness, and positive daily wellbeing practices

Mandatory Units

There are no mandatory units

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.