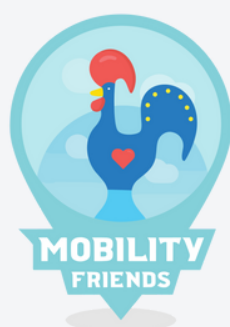


WELL-BEING AND
MENTAL HEALTH

WELL-BEING THROUGH MINDFULNESS, YOGA, AND PILATES



Your Mobility Partner

COURSE OVERVIEW

This course offers a holistic approach to well-being by combining mindfulness practices with yoga and pilates exercises. Participants will learn techniques to improve physical strength, flexibility, balance, and mental focus while reducing stress and enhancing emotional resilience. The course emphasizes gentle movement, breath awareness, and mindfulness meditation, suitable for all fitness levels. Through guided sessions and practical exercises, learners will cultivate a deeper connection between mind and body, promoting lasting health and vitality.

TARGET AUDIENCE

This course is designed for individuals seeking to improve their overall well-being through gentle physical activity and mindful practices. It is suitable for beginners and intermediate learners interested in enhancing physical health, reducing stress, and cultivating mental clarity using mindfulness, yoga, and pilates techniques.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the training;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation and attend at least 80% of the course.

COURSE OBJECTIVES

The objectives of the course are:

- Understand the principles of mindfulness and its benefits for mental health.
- Practice basic yoga postures to enhance flexibility and strength.
- Perform pilates exercises to improve core stability and posture.
- Integrate breath control techniques to support relaxation and focus.
- Develop routines that combine mindfulness, yoga, and pilates for holistic well-being.
- Apply stress reduction strategies through mindful movement and meditation.
- Cultivate body awareness and emotional balance.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

Upon successful completion of this course, learners will be able to:

1. Demonstrate basic mindfulness meditation techniques for stress reduction.
2. Perform fundamental yoga poses to improve flexibility and strength.
3. Execute pilates exercises aimed at enhancing core stability and posture.
4. Use breathing exercises to support relaxation and mental clarity.
5. Create a personalized routine combining mindfulness, yoga, and pilates.
6. Recognize the connection between mind and body for overall well-being.
7. Apply mindful movement techniques in daily life to promote emotional balance.

METHODOLOGY

The course is structured around a rigorous methodology that combines theoretical exposition, practical work, and applied demonstrations. This approach ensures a thorough understanding of the subject matter and its direct application in real-world contexts.

Theoretical sessions provide essential foundations, while practical work and demonstrations facilitate the development of technical skills and familiarity with the specific tools and procedures relevant to the course.

Continuous monitoring through individualized feedback allows for tracking learners' progress and ensures the achievement of the set objectives, preparing participants to face professional challenges with competence and precision.

ASSESSMENT

Assessment is carried out continuously throughout the course, using a holistic and learner-centered approach that reflects both participation and performance. Each participant is evaluated based on their overall engagement, regular attendance, punctuality, interest in the topics covered, ability to apply knowledge during practical tasks, and interaction with peers in individual and group activities.

The evaluation process includes a variety of classroom-based tasks (oral and written), short daily assignments, role-plays, and simulations. Trainers provide ongoing, individualized feedback to support progress and encourage active learning.

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent involvement and commitment during the training.

DURATION

The standard duration of our course is 20 hours (5 days), designed to ensure comprehensive and effective learning. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the training context.

For further details or to discuss a customized schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalized and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The training can be funded through programs such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms. For more information about funding, participants should contact their sending organization or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The course is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to participants who attend at least 80% of the sessions and demonstrate consistent engagement and commitment throughout the training. Upon completion of the course, a formal certification ceremony will take place, during which the certificates will be presented to the participants.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: FOUNDATIONS OF MINDFULNESS

- Introduction to mindfulness: concepts and benefits.
- Basic mindfulness meditation practices.
- Developing present-moment awareness and reducing stress.

MODULE 2: BREATH AWARENESS AND CONTROL

- Importance of breath in mindfulness, yoga, and pilates.
- Techniques for breath control (pranayama basics).
- Breathing exercises to enhance relaxation and focus.

MODULE 3: INTRODUCTION TO YOGA

- Fundamental yoga postures (asanas) for flexibility and strength.
- Alignment principles and safety tips.
- Flow sequences combining breath and movement.

MODULE 4: PILATES BASICS

- Core principles of pilates: stability, posture, and controlled movement.
- Essential pilates exercises for core strengthening.
- Using breath to enhance pilates practice.

MODULE 5: INTEGRATING MINDFULNESS WITH MOVEMENT

- Mindful movement techniques combining yoga and pilates.
- Enhancing body awareness and mental focus during practice.
- Adapting routines for different fitness levels and needs.

MODULE 6: STRESS REDUCTION AND EMOTIONAL RESILIENCE

- Applying mindfulness and breath work to manage stress.
- Techniques for emotional regulation and relaxation.
- Building resilience through consistent practice.

MODULE 7: CREATING A PERSONAL WELL-BEING ROUTINE

- Designing balanced daily and weekly routines.
- Combining mindfulness, yoga, and pilates for holistic health.
- Setting realistic goals and tracking progress.

MODULE 8: CAPSTONE PRACTICE AND REFLECTION

- Guided integrated sessions combining mindfulness, yoga, and pilates.
- Reflective exercises on personal growth and well-being.
- Sharing experiences and developing ongoing practice plans.

**Please note that program content may be subject to change based on input from our trainers.*

MOBILITY FRIENDS TRAINING CENTER



Certified by DGERT - Directorate General
for Employment and Labor Relations

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