

Mindfulness Introduction

Course Code 01D33B



Venue: Room Studio

Hyde Park House
Mutley Plain
Plymouth
Devon

PL4 6LF

Start Date: 01 November 2017
End Date: 29 November 2017
Sessions: 5
Day(s): Wednesday

Start Time: 18:00
End Time: 21:00

Cost of course: Fees £45

Can I enrol online? Yes - Please visit <http://www.oucoursesouthwest.co.uk>

Entry requirements This course is for complete beginners. No previous knowledge is required.

Course description Mindfulness is a method of building a moment by moment awareness of life. Recognising thoughts and feelings, bodily sensation and awareness of the surrounding environment. Practising mindfulness can bring a variety of physical, psychological and social benefits. It reduces stress and improves mental wellbeing.

This taster session will give you an introduction to techniques used in mindfulness.

These will include how to relax, including breathing and visualisation to bring calm.

How will the course be delivered? This is a mainly theory course with some practical aspects.

Will I need to study or practise outside the classroom? It is always useful to practice your skills between sessions.

How will I know I'm making progress? During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which will be reviewed regularly to ensure you are making progress; these will be written in your individual learning plan.

What will I need for the course? Please bring a pen, notepad and a file for your handouts.

Progression We have Mindfulness Moving On following this course. Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the SFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered. Room numbers are subject to change - please check when you arrive at the venue.

ON COURSE SOUTH WEST CIC
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www.oucoursesouthwest.co.uk



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