

Course Information Sheet

Mindfulness and Mandalas Workshop



DE09E21A

Venue 📍 Southway Library	Start Date	17 Sept 2024 10:00
	End Date	17 Sept 2024 12:00
	Fee	£0
	Materials	£0

[OCSW DE09E21A Mindfulness with Mandalas Workshop \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk/OCSW_DE09E21A_Mindfulness_with_Mandalas_Workshop)

Explore the intersection of mindfulness and mandalas in our workshop! Discover the calming power of creating mandalas and enhance your well-being.

Course Description:

Feeling overwhelmed and seeking a unique approach to mindfulness? Our Mindfulness and Mandalas Workshop offers a captivating and introspective experience. This workshop delves into the world of mandalas, exploring these circular symbols rich in history and spiritual meaning. Learn how creating mandalas can be used as a focus for meditation and a tool for promoting relaxation, focus, and inner peace. Through guided meditations, creative exercises, and discussions, discover the power of mandalas to enhance your mindfulness practice and cultivate a deeper sense of well-being. By the end of the workshop, you'll create your own mandala using various techniques and gain tools to incorporate mandala creation into your daily mindfulness routine.

What will I learn?

- Introduction to Mandalas – Explore the history, symbolism, and cultural significance of mandalas across various traditions.
- Mindfulness Practices – Learn basic meditation techniques like mindful breathing and visualisation to enhance focus during mandala creation.
- Creating Your Mandala – Experiment with different techniques for mandala creation, including drawing, colouring, and collage.

- Reflection & Integration – Reflect on the meaning behind your mandala and explore the connection between mandala creation and mindfulness practices.

How will I be assessed?

- **Formative:** Interactive discussions, group activities, practical exercises like creating a mandala using various techniques and guided prompts, participating in guided meditations, and reflecting on personal experiences throughout the workshop.

Who is this course for?

This course is open to anyone seeking a creative and mindful outlet. It's perfect for individuals interested in exploring alternative mindfulness practices, volunteers or carers looking for stress management tools, or anyone curious about the history and symbolism of mandalas.

Progression Opportunities:

After completing this workshop, you could explore online resources or workshops on advanced mandala creation techniques, delve deeper into mindfulness practices through courses like mindfulness-based stress reduction (MBSR), or consider a qualification in art therapy to further explore the link between creativity and well-being. There are also online resources available on incorporating mandalas into meditation retreats or creative workshops.

Career or Job Enhancement Pathways:

- **Art Therapist (with further training):** Explore the therapeutic benefits of mandala creation further and pursue a career in art therapy, particularly beneficial for working in healthcare or educational settings.
- **Mindfulness Instructor (with further training):** Develop your knowledge of mindfulness practices and integrate mandala creation techniques into your workshops or classes.
- **Yoga or Meditation Teacher (with further training):** Explore the connection between mandalas and yoga postures for meditation practices, which could enhance your teaching repertoire.
- **Artist (with further training):** Explore the use of mandalas as a foundation for developing your artistic voice and creative process.

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

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 you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA 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.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

