

Course Information Sheet

Mindfulness and Mandalas

DE09E21B



Venue 📍 Southway Library	Start Date	1 Oct 2024 10:00
	End Date	22 Oct 2024 13:00
	Fee	Material Fee £5
	Materials	£5

[OCSW DE09E21B Mindfulness with Mandalas \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Dive deeper into mindfulness and explore the art of mandala creation in our 4-week course! Discover the calming power of mandalas and cultivate inner peace.

Course Description:

Feeling stressed and seeking a holistic approach to mindfulness? Our Mindfulness and Mandalas course offers a captivating and enriching journey. This 4-week course delves into the world of mandalas, exploring these beautiful and symbolic circular patterns. Learn how creating mandalas can be used as a focus for meditation and a tool for promoting relaxation, focus, and self-awareness. Through guided meditations, discussions, creative exercises, and self-reflection, discover the power of mandalas to enhance your mindfulness practice and cultivate a deeper sense of well-being. By the end of the course, you'll develop a regular mindfulness practice, gain skills in mandala creation using various techniques, and create a personalised mandala reflecting your inner journey.

What will I learn?

- **Week 1: Introduction to Mindfulness & Mandalas:**
 - Explore the history, symbolism, and cultural significance of mandalas across various traditions.
 - Learn basic mindfulness techniques like meditation and mindful breathing.
- **Week 2: Deepening Mindfulness Practices:**
 - Delve deeper into mindfulness through guided meditations focusing on body scan techniques and mindful movement.

- Explore the connection between mindfulness and present-moment awareness while creating a simple mandala.
- **Week 3: Unlocking Creativity in Mandala Making:**
 - Experiment with various mandala creation techniques like drawing, colouring, and collage using different materials.
 - Learn how to use colour theory and symbolism to imbue your mandala with personal meaning.
- **Week 4: Integrating Mindfulness & Mandalas:**
 - Create a personalised mandala that integrates your learnings from mindfulness practices.
 - Use prompts, quotes, or reflections to further explore the meaning behind your mandala.

How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like creating mandalas using various techniques with mindfulness prompts, participating in guided meditations, and reflecting on personal experiences throughout the course.
- **Summative:** Develop and present a completed mandala, reflecting on the learning process, chosen techniques, personal interpretations of your mandala, and the impact of integrating mindfulness with mandala creation.

Who is this course for?

This course is designed for anyone seeking a creative and mindful outlet. It's perfect for beginners with no prior art experience, individuals interested in exploring alternative mindfulness practices, or anyone curious about the history and symbolism of mandalas.

Progression Opportunities:

After completing this course, 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 therapeutic benefits of art-making. 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.

