

# Course Information Sheet

## Mindfulness with Sacred Geometry Workshop

**DE09E21C**



<b>Venue</b> 📍 Southway Library	<b>Start Date</b>	5 Nov 2024 10:00
	<b>End Date</b>	5 Nov 2024 13:00
	<b>Fee</b>	No Fee
	<b>Materials</b>	£0

[OCSW DE09E21C Mindfulness with Sacred Geometry Workshop \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk/OCSW_DE09E21C_Mindfulness_with_Sacred_Geometry_Workshop)

Explore the intersection of mindfulness and sacred geometry in our workshop! Discover the calming power of geometric patterns and enhance your well-being.

### Course Description:

Feeling overwhelmed and seeking a unique path to mindfulness? Our Mindfulness with Sacred Geometry Workshop offers a fascinating and enriching experience. This one-day workshop delves into the world of sacred geometry, exploring the geometric patterns found throughout nature and spiritual traditions. Learn how these patterns 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 sacred geometry to enhance your mindfulness practice and cultivate a deeper sense of well-being. By the end of the workshop, you'll gain a foundational understanding of sacred geometry, experience the calming effects of geometric patterns, and develop tools to incorporate sacred geometry into your daily mindfulness practice.

### What will I learn?

- Introduction to Sacred Geometry – Explore the history, symbolism, and presence of sacred geometry in the natural world and various cultures.
- Mindfulness Practices – Learn basic meditation techniques to enhance focus and relaxation during the workshop activities.
- Sacred Geometry & Meditation – Utilise geometric patterns as a focus for meditation, exploring their calming and grounding effects.

- Creative Exploration – Engage in creative exercises that combine mindfulness practices with sacred geometry principles.

### **How will I be assessed?**

- **Formative:** Interactive discussions, group activities, practical exercises like participating in guided meditations using sacred geometry as a focus, and creating artwork or mandalas inspired by sacred geometry principles.

### **Who is this course for?**

This course is open to anyone seeking a unique and creative approach to mindfulness. It's perfect for individuals interested in exploring alternative mindfulness practices, volunteers or carers looking for stress management tools, or anyone curious about the connection between geometry and well-being.

### **Progression Opportunities:**

After completing this workshop, you could explore online resources or workshops on advanced sacred geometry applications, 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 sacred geometry into meditation retreats or creative workshops.

### **Career or Job Enhancement Pathways:**

- **Mindfulness Instructor (with further training):** Develop your knowledge of mindfulness practices and integrate sacred geometry to create unique and engaging mindfulness workshops or classes.
- **Yoga or Meditation Teacher (with further training):** Explore the connection between sacred geometry and yoga postures for meditation practices, which could enhance your teaching repertoire.
- **Wellness Retreat Facilitator (with further training):** Utilise your newfound knowledge to design and lead retreats that incorporate mindfulness practices and sacred geometry for stress reduction and self-discovery.

**How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://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.

