

Course Information Sheet

Mindfulness with Sacred Geometry



Uncover the intersection of mindfulness and sacred geometry in our 4-week course! Learn about these fascinating patterns, explore mindfulness practices, and cultivate inner peace.

Course Description:

Feeling stressed and seeking a unique approach to mindfulness? Mindfulness with Sacred Geometry offers a captivating and enriching journey. This 4-week course delves into the world of sacred geometry, exploring the geometric patterns found throughout nature, art, and spiritual traditions. Discover 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, discussions, and hands-on activities, you'll gain a deeper understanding of mindfulness practices and the calming power of sacred geometry. By the end of the course, you'll develop a regular mindfulness practice, explore the symbolism of sacred geometric shapes, and create your own artwork inspired by these patterns.

What will I learn?

- **Week 1: Introduction to Mindfulness & Sacred Geometry:** Explore the history and applications of sacred geometry. 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 the present moment.
- **Week 3: Unveiling the Language of Sacred Geometry:** Learn about the symbolism of common sacred geometric shapes like circles, spirals, and mandalas. Discover their presence in nature, art, and various cultures.
- **Week 4: Integrating Mindfulness & Sacred Geometry:** Create artwork or mandalas inspired by sacred geometry, using these patterns as a focus for meditation and self-reflection.

How will I be assessed?

- **Formative:** Interactive discussions, group critiques, practical exercises like creating artwork inspired by sacred geometry, participating in guided meditations using sacred geometry as a focus, and reflecting on personal experiences throughout the course.
- **Summative:** Develop and present a piece of artwork or a mandala inspired by sacred geometry, reflecting on the learning process, chosen geometric shapes and their symbolism, and the impact of integrating mindfulness with sacred geometry practices.

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 connection between geometry and well-being.

Progression Opportunities:

After completing this course, 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.
- **Artist (with further training):** Explore the use of sacred geometry in your artistic creations, potentially leading to a career in geometric art or sacred art.

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.

