

# Course Information Sheet

## Mindfulness with Mandala Art

**DE09E33A**



<b>Venue</b> 📍 Sir John Hunt Community Sports College	<b>Start Date</b>	18 Sept 2024 18:00
	<b>End Date</b>	2 Oct 2024 20:30
	<b>Fee</b>	£5
	<b>Materials</b>	£5

[OCSW DE09E33A Mindfulness with Mandala Art \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Discover the power of mindfulness and mandala art for stress reduction, creativity, and inner peace.

### Course Description:

Unwind and reconnect with yourself in this inspiring 3-week course. Explore the art of mandala creation as a powerful tool for mindfulness and stress reduction. Learn basic techniques for drawing mandalas, while practising mindfulness exercises to focus your mind and cultivate inner peace. This creative and calming course will equip you with valuable skills to enhance your well-being and foster a more mindful approach to daily life.

### What will I learn?

The course is designed for a progressive learning experience over 3 weeks:

- **Week 1: Introduction to Mindfulness & Mandalas** - Discover the concept of mindfulness and its benefits for mental well-being. Explore the history and symbolism of mandalas, and learn basic drawing techniques.
- **Week 2: Mindfulness Practices & Mandala Creation** - Deepen your mindfulness practice with guided meditations and breathing exercises. Apply these techniques while creating your own beautiful and meaningful mandala artworks.
- **Week 3: Mindfulness in Daily Life & Beyond** - Learn how to integrate mindfulness practices and mandala creation into your daily routine. Explore resources for ongoing mindfulness support and discover the potential of mandalas for personal growth.

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

- **Formative assessment:** Active participation in class discussions, reflections on mindfulness experiences, and feedback on mandala artwork will provide ongoing learning opportunities.
- **Summative assessment:** Course completion may involve a creative reflection piece or a short presentation showcasing your mandala and its connection to mindfulness practices.

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

This course is ideal for anyone seeking stress reduction techniques, self-discovery tools, and an introduction to mindfulness practices. It's perfect for those looking to enhance creativity, improve focus, and cultivate inner peace.

### **Progression Opportunities:**

This course is a springboard for further exploration of mindfulness and art therapy. Consider accredited mindfulness courses or online resources for ongoing practice. Explore art therapy programs and workshops to delve deeper into the therapeutic potential of artistic expression.

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

- Mindfulness Teacher
- Art Therapist
- Yoga Instructor
- Wellness Coach

### **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.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

