

Course Information Sheet

Mindfulness Mandala and Sacred Art Projects

FE09E33A



Venue 📍 Sir John Hunt Community Sports College	Start Date	6 Nov 2024 18:00
	End Date	27 Jun 2024 20:30
	Fee	Full Fee £98 Concession £5
	Materials	£5

[OCSW FE09E33A Mindfulness Mandala and Sacred Art Projects \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Embark on a 6-week journey of self-discovery through mindfulness practices, mandala creation, and exploration of sacred art forms.

Course Description:

Unwind, gain clarity, and express yourself creatively in this unique 6-week course. Delve into the world of mindfulness and discover how it can enhance your well-being and artistic exploration. Learn about the rich traditions of mandalas and sacred art, unlocking their potential for personal growth. This course will guide you through creating your own meaningful mandalas and sacred art pieces, all while fostering a deeper connection to your inner self.

What will I learn?

The course is structured for a progressive learning experience over 6 weeks:

- **Weeks 1-2: Introduction to Mindfulness & The Power of Art:** Discover the core principles of mindfulness and its benefits for stress reduction, focus, and creativity. Explore the history and symbolism of mandalas and various sacred art forms across cultures.
- **Weeks 3-4: Mindfulness Practices & Art Techniques:** Deepen your mindfulness practice with guided meditations, breathing exercises, and gentle movement. Learn basic drawing and colouring techniques for creating beautiful mandalas and sacred art pieces. Experiment with different materials to find your artistic voice.

- **Weeks 5-6: Creating Your Mandala & Sacred Art Journey:** Combine mindfulness practices with the artistic process. Design and create your own personalised mandala or sacred art piece, using reflection and journaling to explore its deeper meaning. Share your artwork and participate in group discussions about the creative journey.

How will I be assessed?

- **Formative assessment:** Active participation in class discussions, reflections on mindfulness experiences, and feedback on art projects will provide ongoing learning opportunities.
- **Summative assessment:** Course completion may involve presenting your final mandala/sacred art piece and a written reflection exploring its connection to your mindfulness journey.

Who is this course for?

This course is ideal for anyone seeking stress reduction, self-discovery tools, and an introduction to mindfulness and art therapy practices. It's perfect for those interested in exploring mandalas, sacred art forms, and using creativity for personal growth. No prior artistic experience is necessary, just an open mind and a willingness to explore. You can also gain a Creative Craft Entry 3 qualification whilst undertaking this course.

Progression Opportunities:

This course is a stepping stone to further studies in mindfulness, art therapy, or specific sacred art traditions. Consider accredited mindfulness courses, online resources, or workshops offered by organisations like the British Mindfulness Institute. Explore university programs in art therapy or specific sacred art forms like Zen calligraphy or Islamic geometric patterns.

Career or Job Enhancement Pathways:

- Mindfulness Teacher
- Art Therapist
- Yoga Instructor (incorporating mindfulness and mandalas)
- Art Educator (focusing on mindfulness and self-expression)
- Therapist (using art therapy techniques)

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713. You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.

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.