

Course Information Sheet

Mindfulness with Sacred Geometry

ME09E33A



Venue 📍 Sir John Hunt Community Sports College	Start Date	9 Oct 2024 18:00
	End Date	23 Oct 2024 20:30
	Fee	£5
	Materials	£5

[OCSW ME09E33A Mindfulness with Sacred Geometry \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Explore the intersection of mindfulness practices and sacred geometry for inner peace, focus, and a deeper connection to the universe in just 3 weeks.

Course Description:

Embark on a transformative 3-week journey combining mindfulness practices with the fascinating world of sacred geometry. Discover how these ancient patterns found in nature and art can enhance your mindfulness practice and unlock a deeper sense of well-being. Learn how to identify sacred geometric shapes in everyday life and explore their symbolic meaning. This course will equip you with practical mindfulness techniques and guide you in creating your own sacred geometry-inspired artwork, fostering a deeper connection to the universe and your inner self.

What will I learn?

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

- **Week 1: Introduction to Mindfulness & Sacred Geometry** - Explore the core principles of mindfulness and its benefits for stress reduction, focus, and self-awareness. Learn about the history and significance of sacred geometry, identifying its presence in nature, art, and architecture.
- **Week 2: Deepening Mindfulness Practices & Sacred Geometry Exploration** - Strengthen your mindfulness practice with guided meditations and visualisations incorporating sacred

geometric shapes. Delve deeper into the symbolism of these shapes and their potential to enhance focus and inner peace.

- **Week 3: Mindfulness in Daily Life & Sacred Geometry Art** - Learn how to integrate mindfulness practices and sacred geometry principles into your daily routine. Create your own sacred geometry-inspired artwork, reflecting on its personal meaning and deepening your connection to the universe.

How will I be assessed?

- **Formative assessment:** Active participation in class discussions, reflections on mindfulness experiences, and feedback on creative projects will provide ongoing learning opportunities.
- **Summative assessment:** Course completion may involve a creative reflection piece exploring the connection between your sacred geometry artwork and your mindfulness practice.

Who is this course for?

This course is ideal for anyone seeking stress reduction techniques, self-discovery tools, and an introduction to mindfulness practices with a unique twist. It's perfect for those interested in sacred geometry, its symbolism, and its potential to enhance well-being.

Progression Opportunities:

This course is a springboard for further exploration of mindfulness and sacred geometry. Consider accredited mindfulness courses or online resources for ongoing mindfulness practice. Explore advanced studies in sacred geometry or workshops on incorporating sacred geometry into art or design.

Career or Job Enhancement Pathways:

- Mindfulness Teacher
- Art Therapist
- Yoga Instructor (incorporating mindfulness and sacred geometry)
- Architect/Designer (interested in incorporating sacred geometry)
- Therapist (using mindfulness techniques)

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.

