

Course details

Course title

Ways to Wellbeing

Course code

Q00016418

Course date

Start: 02/07/24

End: 02/07/24

Number of classes

2 sessions

Timetable

Tue 2nd Jul, 9:30 to 12:00

Tue 2nd Jul, 13:00 to 15:30

Tutor

Guest Speaker

Fee range

Free to £21.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!
In venue

Venue

Fleetwood Library
North Albert Street
Fleetwood
North West
FY7 6AJ

Level of study

Beginners

Course overview

This course will help you to understand the healing benefits of sound. It is aimed to help you learn about health and relaxation and how to reduce stress to improve your general health and well-being. You will experience an immersive sound bath by a qualified sound specialist who can play the crystal bowls like instruments. The result is that you will be lulled into a peaceful and mindful state of being. You will be introduced to different breathing techniques to aid relaxation and how these techniques can be used to enable your physical and mental health.

Course description

Refer to sound bathing as a healing practice which reduces stress and encourages mindfulness.

This day course will help you to understand the relaxing frequencies of the powerful alchemy crystal sound bowls. You will learn how sound can be linked to a deep sense of well-being and why sound baths are said to promote the return of the body's own vibrations to their natural state.

The many benefits of sound healing include reduced stress and anxiety, better sleep, an improved mood and focus as well as an increase in energy.

For this course you will need warm comfortable clothing, a blanket, cushion and / or pillow, soft mat to lie on and a water bottle.

You cannot attend this course if you have a pacemaker, are epileptic or pregnant.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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