



Course details

Course title

Personal Development: Mindfulness Intermediate

Course code

Q00016660

Course date

Start: 07/01/25

End: 01/04/25

Number of classes

26 sessions

Timetable

Tue 7th Jan, 10:00 to 12:00

Tue 7th Jan, 10:00 to 12:00

Tue 14th Jan, 10:00 to 12:00

Tue 14th Jan, 10:00 to 12:00

Tue 21st Jan, 10:00 to 12:00

Tue 21st Jan, 10:00 to 12:00

Tue 28th Jan, 10:00 to 12:00

Tue 28th Jan, 10:00 to 12:00

Tue 4th Feb, 10:00 to 12:00

Tue 4th Feb, 10:00 to 12:00

Tue 11th Feb, 10:00 to 12:00

Tue 11th Feb, 10:00 to 12:00

Tue 18th Feb, 10:00 to 12:00

Tue 18th Feb, 10:00 to 12:00

Tue 25th Feb, 10:00 to 12:00

Tue 25th Feb, 10:00 to 12:00

Tue 4th Mar, 10:00 to 12:00

Tue 4th Mar, 10:00 to 12:00

Tue 11th Mar, 10:00 to 12:00

Tue 11th Mar, 10:00 to 12:00

Tue 18th Mar, 10:00 to 12:00

Tue 18th Mar, 10:00 to 12:00

Tue 25th Mar, 10:00 to 12:00

Tue 25th Mar, 10:00 to 12:00

Tue 1st Apr, 10:00 to 12:00

Tue 1st Apr, 10:00 to 12:00

Tutor

Caroline Smy

Fee range

Free to £109.20

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

KCU Ltd at Fuller Church (Kettering)

51 Gold Street

Kettering

NN16 8JB

Level of study

Beginners

Course overview

Deepen Your Mindfulness Practice: Intermediate Level Ready to take your mindfulness journey to the next level? This 6-week course builds upon your existing knowledge and techniques, empowering you to significantly reduce stress and enhance overall wellbeing. Explore powerful practices like mindful breathing, cultivating a mindful brain, and integrating mindfulness into daily activities. Discover how just a few minutes a day can transform your busy life, fostering inner calm and reducing stress levels.

Course description

Target Audience: This course is designed for those with some mindfulness experience who are eager to deepen their understanding and application.

Weekly Themes: We'll delve into a variety of themes each week, helping you discover which mindful techniques best suit your lifestyle.

Mindful Brain Exploration: Gain insights into how mindfulness practices positively impact your brain function and promote a more positive outlook.

Practical Integration: Learn practical strategies to seamlessly integrate mindfulness into your daily routine, even amidst the hustle and bustle.

Experienced Guidance: Our qualified mindfulness tutor will guide you through interactive discussions, personalised exercises, and engaging group activities.

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.

Source URL: <https://www.wea.org.uk/courses/skills-life/health-wellbeing/7-january-personal-development-mindfulness-intermediate>