

Course details

Course title

Healthy Living: Yoga and Mindfulness in Nature

Course code

Q00017166

Course date

Start: 04/09/24

End: 23/10/24

Number of classes

8 sessions

Timetable

Wed 4th Sep, 10:00 to 12:30

Wed 11th Sep, 10:00 to 12:30

Wed 18th Sep, 10:00 to 12:30

Wed 25th Sep, 10:00 to 12:30

Wed 2nd Oct, 10:00 to 12:30

Wed 9th Oct, 10:00 to 12:30

Wed 16th Oct, 10:00 to 12:30

Wed 23rd Oct, 10:00 to 12:30

Tutor

Ione Harris

Fee range

Free to £84.00

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

Shekinah Centre (Paignton)
Preston Down Road
Preston
Paignton
TQ3 1RN

Level of study

Beginners

Course overview

Discover the wonderful practice of Yoga and Mindfulness, combined with Nature Connection to support your mental health and wellbeing. This is a friendly course designed to support your resilience and wellbeing to contribute to a more mindful, compassionate and environmentally sustainable world. The aim is to help you manage difficulties such as stress, anxiety and depression and enhance your wellbeing by bringing more awareness to your life, whilst developing self-confidence to express yourself. It is ideal for those who want to keep physically, emotionally, mentally and spiritually fit. It will offer you guidelines, like helping hands, to move you deeper into your own authenticity and into a life that is richer and fuller, simply because you are living with more skill.

Course description

This course explores ways of integrating yoga, mindfulness and nature connection practices into your daily life as a way of supporting your mental health, resilience and wellbeing. This course will provide you with a friendly, supportive and nurturing place.

In the course you will be given the opportunity to cultivate:

- yoga, mindfulness and nature connection skills
- skills in resilience and increasing your ability to cope with difficult and stressful situations
- skills and attitudes to help you to be more compassionate and kinder to yourself and others
- a deeper and more authentic relationship with self, community and environment
- ways to integrate yoga, mindfulness and nature connection practices and attitudes into your daily life, during and after the course.

The course is mainly practical and experiential. You will be led in some mindfulness and nature connection practices, followed by periods of inquiry to discuss and share experiences arising through the practices. This course is designed for all bodies and is ideal for people who like to contemplate how to live more skilfully as individuals, as a community and in relationship with your environment.

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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