



Course details

Course title

Healthy Lifestyle: Meditation and Mindfulness

Course code

Q00017185

Course date

Start: 06/03/25

End: 24/04/25

Number of classes

8 sessions

Timetable

Thu 6th Mar, 11:00 to 16:00

Thu 13th Mar, 11:00 to 16:00

Thu 20th Mar, 11:00 to 16:00

Thu 27th Mar, 11:00 to 16:00

Thu 3rd Apr, 11:00 to 16:00

Thu 10th Apr, 11:00 to 16:00

Thu 17th Apr, 11:00 to 16:00

Thu 24th Apr, 11:00 to 16:00

Tutor

Katie Dexter

Fee range

Free to £168.00

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

NST Hub (North Somerset Training Communi
31 Alexandra Parade
Weston-super-Mare
BS23 1QZ

Level of study

Beginners

Course overview

This course encourages you to explore how mindful living can cultivate a new attitude towards open awareness and kindness. You will discover how to practise mindful self-compassion, learning how to focus your attention to whatever is happening in the present moment without judgment. This skill can help you to manage stress and difficult feelings. You will be guided through research-based practices, including simple meditation techniques, which have been proven to improve overall health and wellbeing. By training your brain to be mindful you will also experience better confidence and self-esteem.

Course description

During this friendly and supportive course, you will learn how meditation and mindfulness can help you to sit with your thoughts and feelings, accepting each as they come and go, whilst you naturally explore the workings of your mind. This course encourages you to explore how mindful living can cultivate a new attitude towards open awareness and kindness. You will discover how to practise mindful self-compassion, learning how to focus your attention to whatever is happening in the present moment without judgment. This skill can help you to manage stress and difficult feelings. You will be guided through research-based practices, including simple meditation techniques, which have been proven to improve overall health and wellbeing. By training your brain to be mindful you will also experience better confidence and self-esteem. During this course you will gain a clear understanding of what mindfulness is, as well as what meditation entails. You will identify ways to help manage stress and anxiety in your life and will be able to test out mindfulness strategies that can be used in your everyday life. You will also learn to support, in your group, through discussion and listening.

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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