

## Course details

### Course title

Healthy Living: Meditation and Mindfulness to support seasonal adjustment

### Course code

Q00018246

### Course date

Start: 05/11/24

End: 10/12/24

### Number of classes

6 sessions

### Timetable

Tue 5th Nov, 19:00 to 20:30

Tue 12th Nov, 19:00 to 20:30

Tue 19th Nov, 19:00 to 20:30

Tue 26th Nov, 19:00 to 20:30

Tue 3rd Dec, 19:00 to 20:30

Tue 10th Dec, 19:00 to 20:30

### Tutor

Nicola Bailey

### Fee range

Free to £33.30

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## **Venue**

Online

## **Level of study**

Beginners

## **Course overview**

Do you struggle to adjust as the season changes? Many of us experience depleted energy levels, a lack of motivation and a lower mood as the days become shorter and colder. This mindfulness and meditation course can support you to feel a sense of equilibrium as we adjust to the changing season. You will learn to anchor in the present moment through your own body, breathing and surroundings. Mindfulness practice supports you to relax and replenish your energy levels and encourages mental clarity. Each session includes a guided Yoga Nidra practice to encourage deep rest of your whole being. This course aims to encourage you to celebrate the shift in season, recognising that it is natural to slow down as we move towards winter. It is a perfect time to practice mindfulness, turn our focus inwards and find joy in rest.

## **Course description**

This short meditation and mindfulness course invites you to draw inwards and learn to calm the mind and deeply relax in the comfort of your own home. If you struggle to keep your sense of equilibrium as the season changes, this mindfulness course will support you to embrace the coming winter and to savour the natural process of slowing down at this time of year. You will be guided through a range of mindful practices that progressively allow you to relax into the present moment, creating a seamless flow of relaxation. You will learn to deepen your breathing, engage in gentle mindful movements that ease tension and focus the mind, seated mindfulness meditation practice and guided Yoga Nidra which encourages you to deeply rest. You will also be encouraged to independently engage in mindful practices that support you to embrace the season during your course. Learning will take place in a supportive learning environment; you will have access to mindfulness practice resources in Canvas to support you to practice in your own time alongside your weekly classes. You may choose to progress to the next course in January: Meditation and Mindfulness to support a positive mindset.

## **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/5-november-healthy-living-meditation-and-mindfulness-support>*