

Course details

Course title

Healthy Living: Meditation and Mindfulness to encourage restful sleep

Course code

Q00018247

Course date

Start: 10/09/24

End: 22/10/24

Number of classes

7 sessions

Timetable

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

Tue 17th Sep, 19:00 to 20:30

Tue 24th Sep, 19:00 to 20:30

Tue 1st Oct, 19:00 to 20:30

Tue 8th Oct, 19:00 to 20:30

Tue 15th Oct, 19:00 to 20:30

Tue 22nd Oct, 19:00 to 20:30

Tutor

Nicola Bailey

Fee range

Free to £38.85

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

Many people struggle to sleep or to have good quality sleep for a variety of reasons. This can negatively impact our ability to be productive in daily life. Regular mindfulness and meditation practice supports both mind and body to relax, therefore supporting many people's ability to have a good night's sleep. This practice-based course will guide you through a range of mindful practices that will help you to unwind during the evening. You will learn to anchor in the moment through attentions to your breathing, sound release, mindful movement, and meditation. Each session will end with a guided Yoga Nidra practice to encourage deep rest and quality sleep.

Course description

This Mindfulness and meditation course will support you to learn how to relax into the present moment, helping you to slow down and relieve stress. It is very important to recognise that we can only be in the present moment by learning to relax into it. Mindfulness helps us to cope better with the demands of life and difficult emotions, as we learn to slow down and be present. This course will guide you through a series of practices that aim to ease both mind and body: breath awareness practices, gentle body awareness practices, mindful movement, mindfulness meditation and Yoga Nidra to encourage deep rest and quality sleep. This course will encourage you to practice independently, you will be supported to do this by having access to practice recordings in Canvas. Regular mindfulness practice can help you to ease symptoms of stress. This evening practice will support you to learn how to wind down to promote a good night's sleep. This course is no replacement for medical advice and support that some people need when experiencing sleep difficulties. This course will provide you with valuable tools to support yourself to slow down and give yourself permission to rest. You may choose to progress to the next course Meditation and Mindfulness to support seasonal adjustment.

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/10-september-healthy-living-meditation-and-mindfulness>