

Course details

Course title

Healthy Living: Mindful Relaxation techniques to relieve physical tension

Course code

Q00018248

Course date

Start: 08/11/24

End: 13/12/24

Number of classes

6 sessions

Timetable

Fri 8th Nov, 13:00 to 14:30

Fri 15th Nov, 13:00 to 14:30

Fri 22nd Nov, 13:00 to 14:30

Fri 29th Nov, 13:00 to 14:30

Fri 6th Dec, 13:00 to 14:30

Fri 13th Dec, 13:00 to 14:30

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

Would you like to improve your ability to relax to support your own well-being? This course will focus on supporting you to relieve physical tension in your body. Often, stress can cause physical tension in the body, with practice we can learn to ease this tension through relaxation. We will focus on improving body awareness to improve comfort and mindful movements to release tension. You will learn to ease tension through breath awareness and sound release. All sessions will end with a guided relaxation practice. Everyone can improve their ability to relax, why not give it a try?

Course description

This course will focus on relaxation practices to support you to relieve physical tension. You will be encouraged to identify your main areas of tension and to consider any activities that might contribute to this tension. You will learn to pay attention to your posture and how you position your body, learning to encourage comfort in your body. You will explore a range of relaxation techniques that support relief of physical tension: contraction and release of muscles, gentle mindful movements, breath awareness and sound release, body scanning and Yoga Nidra. During your course, you will be encouraged to use practice resources in Canvas to develop your relaxation practice alongside your weekly classes. You will be encouraged to identify which practices are most beneficial for you. By the end of the course, you will feel confident to practice some techniques independently allowing you to implement them into your daily life.

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/8-november-healthy-living-mindful-relaxation-techniques>