

Course details

Course title

Healthy Living: Mindful Relaxation – Implementing self-care techniques into daily life

Course code

Q00018249

Course date

Start: 13/09/24

End: 18/10/24

Number of classes

6 sessions

Timetable

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

Fri 20th Sep, 13:00 to 14:30

Fri 27th Sep, 13:00 to 14:30

Fri 4th Oct, 13:00 to 14:30

Fri 11th Oct, 13:00 to 14:30

Fri 18th Oct, 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 help you to relax physically and to calm your mind through a wide range of accessible techniques. You will be guided through a range of breathing practices, mindful movements, and guided relaxation practice during each session, supporting you to deeply relax. You will be supported to identify the practices that are most beneficial for you and to implement short practices into your daily life as you develop your own self – care strategy to support your own well-being. Everyone can improve their ability to relax, why not give it a try?

Course description

This course will support you to learn how to relax to support your own well-being. You will learn a range of relaxation techniques that help to improve your awareness of your own body and breathing. Each session will guide you through a progressive series of techniques that include breathing practices, contraction and release exercises, gentle, mindful movements, gentle sound release, self-massage and havening techniques and guided Yoga Nidra and positive visualisation. Each session will create a seamless flow of progressive relaxation. Learning to relax deeply with the support of your tutor each week, will support you to consider how to implement relaxation into your daily life. You will have access to relaxation recordings in Canvas, allowing you to develop your practice. Some relaxation techniques can be practiced for just ten minutes and can easily be practiced on a daily basis. By the end of the course you should feel confident to implement some self-care relaxation techniques into your daily life. You may want to progress to the next course, Mindful Relaxation Practice – simple techniques to relieve physical tension. This course will look deeper at how we can alleviate physical tension through relaxation.

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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