

## Course details

### Course title

Healthy Living: World Sleep Day- Meditation and Guided Yoga Nidra to encourage restful sleep

### Course code

Q00018253

### Course date

Start: 13/03/25

End: 13/03/25

### Number of classes

1 sessions

### Timetable

Thu 13th Mar, 18:30 to 20:30

### Tutor

Nicola Bailey

### Fee range

Free to £7.40

### 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

Celebrate World Sleep Day with our Meditation and Guided Yoga Nidra for Restful Sleep course. This session focuses on practices to improve sleep quality and promote deep relaxation. Through guided meditation and Yoga Nidra, you will learn techniques to unwind, calm the mind, and prepare for restful sleep. Suitable for all levels, this course supports your journey to better sleep and overall well-being.

## Course description

In honour of World Sleep Day, this course offers meditation and guided Yoga Nidra practices to enhance your sleep quality and overall well-being. You'll learn techniques designed to relax the body and quiet the mind, preparing you for restful sleep. Each session will guide you through progressive relaxation exercises, breathing techniques, and a guided Yoga Nidra practice aimed at promoting deep rest and rejuvenation. You'll explore strategies to improve sleep hygiene and integrate mindfulness practices that support relaxation and sleep readiness. By the end of the course, you'll have developed a bedtime routine that enhances your ability to unwind, promotes restorative sleep, and supports your overall health.

## 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/13-march-healthy-living-world-sleep-day-meditation-and-guided>