

## Course details

### Course title

Healthy Living: Mindful Relaxation practice to support pain management

### Course code

Q00018256

### Course date

Start: 10/01/25

End: 14/02/25

### Number of classes

6 sessions

### Timetable

Fri 10th Jan, 13:00 to 14:30

Fri 17th Jan, 13:00 to 14:30

Fri 24th Jan, 13:00 to 14:30

Fri 31st Jan, 13:00 to 14:30

Fri 7th Feb, 13:00 to 14:30

Fri 14th Feb, 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 manage pain more effectively and enhance your overall well-being? This course focuses on mindful relaxation techniques to support pain management. Chronic pain can significantly impact your quality of life, but through mindful practices, you can learn to ease discomfort and develop a more positive relationship with your body. We will focus on body awareness, breathwork, and gentle movements to reduce pain. Each session will conclude with a guided relaxation practice designed to support pain relief. Everyone can benefit from learning these techniques to manage pain naturally.

**Course description**

This course is designed to teach relaxation practices that support pain management and enhance overall well-being. You will be encouraged to identify areas of chronic pain and explore activities that may contribute to discomfort. Through this course, you will learn to pay attention to your posture, body alignment, and how to create a sense of comfort in your body. We will explore various relaxation techniques, including muscle contraction and release, gentle mindful movements, breath awareness, sound release, body scanning, and Yoga Nidra, all aimed at reducing pain.

Throughout the course, you will have access to practice resources in Canvas to complement your weekly classes. These resources will support you in developing a regular relaxation practice. You will be encouraged to identify which techniques are most beneficial for your pain management and practice them independently. By the end of the course, you will feel confident in your ability to implement these techniques into your daily routine, empowering you to manage pain more effectively and improve your quality of 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/10-january-healthy-living-mindful-relaxation-practice-support>*