

Course details

Course title

Care 2: Introduction to Relaxation for Wellbeing

Course code

Q00018562

Course date

Start: 19/09/24

End: 19/09/24

Number of classes

1 sessions

Timetable

Thu 19th Sep, 13:30 to 15:00

Tutor

Nicola Bailey

Fee:

Free

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

All our Care2 courses are completely free for unpaid carers (or those who have previously been carers). You do not need to receive a carer's allowance to qualify. If you are unsure, please contact our call centre advisors who will be able to assist you. Leading a busy life leaves little room for calm and relaxation. This can make it hard for us to wind down and enjoy the present. But finding these moments of calm is essential for our emotional well-being and mental health. This short course will introduce you to a range of simple and accessible relaxation techniques that will help you to learn to slow down and relieve tension. The session is practice based; you will be guided to participate in a series of relaxation practices that will support you to progressively relax. We will focus on calming breathing techniques, gentle mindful movements to relieve tension and guided Yoga Nidra (deep relaxation of both mind and body).

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This course is suitable for anyone - if you want to learn how to really relax, this course is ideal for you, and you are encouraged to join. Relaxation practice requires us to become aware of our body and our breathing. You will learn to improve comfort through your body using body awareness practices, contraction and release practices and gentle movement. The focus is on gentle and accessible movement. You will

learn to move within your own comfortable range of movement, purely for the purpose of relaxing. You will learn to focus on your breathing and to relax both mind and body through calming, breathing techniques.

Each session will prepare you for the Yoga Nidra guided relaxation, which is a practice that relaxes the whole body and calms the nervous system. You will also be guided through a calming visualisation which will support you to nurture positive emotions and a sense of acceptance and gratitude.

Learning will take place in a supportive and friendly online environment. You will be able to access relaxation practice recordings in Canvas, our digital learning platform. You will discover that relaxation is an enjoyable experience that significantly enhances your well-being, everyone deserves time to rest and unwind

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