



## Course details

### Course title

Healthy Living: Healing Gardens: cultivating a place for mind, body and soul

### Course code

Q00016289

### Course date

Start: 18/09/24

End: 16/10/24

### Number of classes

5 sessions

### Timetable

Wed 18th Sep, 18:00 to 20:00

Wed 25th Sep, 18:00 to 20:00

Wed 2nd Oct, 18:00 to 20:00

Wed 9th Oct, 18:00 to 20:00

Wed 16th Oct, 18:00 to 20:00

### Branch

Nottingham

### Tutor

Andrew Roles

### Fee range

Free to £37.00

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!  
In venue

**Venue**  
Online

## Course overview

Discover the benefits of gardening for mental, physical, and emotional well-being with our Healing Gardens course. Learn how to create and maintain a garden that promotes health and relaxation. Ideal for individuals interested in holistic approaches to well-being.

## Course description

Healthy Living: Healing Gardens: Cultivating a Place for Mind, Body and Soul is designed to help individuals create and maintain gardens that promote holistic well-being. This course covers the basics of gardening, including soil preparation, plant selection, and garden design, with a focus on creating spaces that support mental, physical, and emotional health. Participants will learn about the therapeutic benefits of gardening, such as stress reduction, improved mood, and increased physical activity. The course includes practical gardening tips, hands-on activities, and guided meditations that integrate gardening with mindfulness practices. Students will also explore how to use their gardens as a space for relaxation, reflection, and connection with nature. By the end of the course, participants will have the knowledge and skills needed to cultivate their own healing gardens and enjoy the numerous health benefits they provide. This course is ideal for anyone interested in combining gardening with holistic well-being practices.

## 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/humanities-science/environment/18-september-healthy-living-healing-gardens-cultivating>