



## Course details

### Course title

Meditation and Mindfulness

### Course code

Q00018889

### Course date

Start: 23/09/24

End: 09/12/24

### Number of classes

11 sessions

### Timetable

Mon 23rd Sep, 13:00 to 15:00

Mon 30th Sep, 13:00 to 15:00

Mon 7th Oct, 13:00 to 15:00

Mon 14th Oct, 13:00 to 15:00

Mon 21st Oct, 13:00 to 15:00

Mon 4th Nov, 13:00 to 15:00

Mon 11th Nov, 13:00 to 15:00

Mon 18th Nov, 13:00 to 15:00

Mon 25th Nov, 13:00 to 15:00

Mon 2nd Dec, 13:00 to 15:00

Mon 9th Dec, 13:00 to 15:00

### Tutor

Carol Carrillo Rabago

### Fee range

Free to £50.40

### 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**

Bensham Grove (Gateshead)

Sidney Grove

Gateshead

NE8 2XD

## **Level of study**

Entry Level

## **Course overview**

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 meditation and mindfulness course is ideal if you want to learn to relax, be present, and alleviate stress in your life. Meditation courses teach us to recognise the importance of conscious thought in our everyday lives. Develop concentration strategies to help focus your mind. Understand the principles of mindfulness. Learn to block out intrusive thoughts and enjoy the present moment.

## **Course description**

In this meditation course, you'll explore different styles of meditation so that you can practise whichever one you prefer.

Meditation and mindfulness courses are a safe and supportive space for you to reflect and incorporate relaxation into your life. You will learn tools and techniques to practise at home. We encourage you to use journaling to document your thoughts as you go through the process.

Mindfulness courses also teach you how to recognise and accept your feelings, without reacting or getting overwhelmed. This practice is important for achieving mental calm.

If you would like to explore other calming practices after this meditation course, you may consider taking the creativity for calm course.

You'll need access to the internet to take this course. Our tutors use the WEA's digital learning portal, Canvas, to send you important information and tasks.

Your learning is our priority. The WEA is an adult education provider and we pride ourselves on our ability to create a friendly classroom atmosphere, in person and online.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **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/23-september-meditation-and-mindfulness-0>