



Course details

Course title

Healthy Living: Ways to Wellbeing; Meditation and Seated Yoga

Course code

Q00017016

Course date

Start: 13/11/24

End: 18/12/24

Number of classes

5 sessions

Timetable

Wed 13th Nov, 9:00 to 10:30

Wed 20th Nov, 9:00 to 10:30

Wed 27th Nov, 9:00 to 10:30

Wed 4th Dec, 9:00 to 10:30

Wed 18th Dec, 9:00 to 10:30

Tutor

Georgia Daniel

Fee range

Free to £27.75

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

Seated yoga is a wonderful way to start your day. Mindfulness is a technique you can learn which involves noticing what is happening in the present moment, without any judgement of self or others. You might take a moment to notice and be aware of your mind, how your body is communicating with you and your surroundings. This deeply relaxing technique has roots in Buddhism. Join me in this very relaxed and friendly session to find more flexibility and some inner peace. · become more self-aware · feel calmer and less stressed · feel more able to choose how to respond to your thoughts and feelings · cope with difficult or unhelpful thoughts · be kinder towards yourself.

Course description

Bring a chair, we will start with yoga followed by some deep mediation. Your tutor will encourage you to dim the lights and bring a blanket, a couple of cushions, dim the lights, maybe even light a candle with some incense sticks and simply lie down with the volume turned up and let go. After seated yoga you can begin meditation, you will be asked to lie on a bed, couch or floor with the eyes closed and the arms and legs in a completely relaxed. Hands should be relaxed and loose You will then be guided through a deep mediation where you may be walking on a sandy beach, watching the sun set. You may end up walking through a rain forest listening to the sounds of the jungle or maybe travel inside your own body in a bid to heal the any disease you may be experiencing.

This class is designed to reduce stress and tension in both the body and the mind. This beautiful practice helps with the following · Decreasing stress and anxiety · Improving sleeping problems · Increasing creativity and learning abilities · Improving cardiovascular health · Increased alertness Some weeks you may be asked to perform a scan of your body, focusing attention on different parts and releasing tension throughout. Slow breathing is encouraged throughout your Nida session. The practice often ends with visualizing calming images, such as a deep forest, the waves of the sea, or a green garden. Individuals are again encouraged to think about their Sankalpa. Following this, they are asked to slowly transition back into normal awareness by bringing some gentle movement back to the body.

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.

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