



Course details

Course title

Meditation and Mindfulness

Course code

Q00020025

Course date

Start: 16/01/25

End: 27/03/25

Number of classes

10 sessions

Timetable

Thu 16th Jan, 10:00 to 12:00

Thu 23rd Jan, 10:00 to 12:00

Thu 30th Jan, 10:00 to 12:00

Thu 6th Feb, 10:00 to 12:00

Thu 13th Feb, 10:00 to 12:00

Thu 20th Feb, 10:00 to 12:00

Thu 6th Mar, 10:00 to 12:00

Thu 13th Mar, 10:00 to 12:00

Thu 20th Mar, 10:00 to 12:00

Thu 27th Mar, 10:00 to 12:00

Tutor

Margaret Mordue

Fee range

Free to £84.00

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

The Cornforth Partnership (Ferryhill)
68-70 High Street
West Cornforth
Ferryhill
DL17 9HS

Level of study

Beginners

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.

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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