



Course details

Course title

Mind and Body: Mindfulness and Meditation

Course code

Q00020962

Course date

Start: 29/01/25

End: 26/03/25

Number of classes

8 sessions

Timetable

Wed 29th Jan, 18:45 to 20:45

Wed 5th Feb, 18:45 to 20:45

Wed 12th Feb, 18:45 to 20:45

Wed 26th Feb, 18:45 to 20:45

Wed 5th Mar, 18:45 to 20:45

Wed 12th Mar, 18:45 to 20:45

Wed 19th Mar, 18:45 to 20:45

Wed 26th Mar, 18:45 to 20:45

Tutor

Nerissa Fields

Fee range

Free to £59.20

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

This course will look at all aspects of Mindfulness and how to bring it into everyday life. It is a practical down to earth course.

Course description

This course will work with a range of different meditations and explore a range of mindfulness techniques to work with. Each week we will look at an aspect of mindfulness and how to bring this into everyday life. There will be opportunities for discussion on a weekly basis. This course is suitable for those who are already working with mindfulness as well as those who are new to it.

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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