

Course details

Course title

Care 2: Try Out Meditation

Course code

Q00014609

Course date

Start: 20/05/24

End: 20/05/24

Number of classes

1 sessions

Timetable

Mon 20th May, 11:00 to 12:30

Tutor

Georgia Daniel

Fee:

Free

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

Join me in this interactive experience where you might travel to India, Egypt or even inside your body to help stimulate your body on a cellular level to help with disease or distress. This class offers you a guided meditation that will relax your mind and body. What a wonderful way to start your day with a progression route offered at the end of this introductory session.

Course description

Mediation is not some mystical concept only available for the elite few. Used by many cultures for thousands of years that boasts a huge range of health benefits including stress reduction, relief from muscle tension, sleep improvement, reduction of anxiety and supports processing emotions. This session is open to everybody and anybody and requires no previous experience. All you need to do is ensure you have a blanket, somewhere comfortable to sit or lie down, turn off the phone if possible and give yourself some time just to relax and allow your mind to be carried on a journey by your tutor. Participants will enjoy the feeling of lightness and deep relaxation often experienced after participating in meditation.

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