

## Course details

**Course title**

Creativity for Calm: Mindfulness Mandalas

**Course code**

Q00015339

**Course date**

Start: 02/07/24

End: 02/07/24

**Number of classes**

1 sessions

**Timetable**

Tue 2nd Jul, 12:30 to 14:00

**Tutor**

Joanne Liddle

**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

## **Qualification name & awarding organisation**

Creativity for Calm: Mindfulness Mandalas ()

## **Course overview**

This TEAMS workshop has been created to celebrate Learning at Work Week. Are you looking for a relaxing hobby to help you unwind? Creating moments of calm in the day is essential for our emotional well-being and mental health. Step into the world of mindful doodling with this workshop and enjoy art for relaxation. Our experienced tutor will guide you step-by-step through the process, so no experience is necessary. Creating a Mandala can be a simple aid to achieving a state of mindfulness and best of all, you can easily complete this workshop whilst at your desk!

## **Course description**

In this short session you will learn how to create several different patterns using simple basic shapes and develop these into fabulous highly decorative circular mandalas. A Mandala is an arrangement of concentric circles containing layers of geometric patterns, said to symbolise the spiritual journey, starting from outside to the inner core. Mandalas are used in various spiritual traditions as an aid to meditation. Whatever your beliefs, this simple technique of drawing patterns can be used as a great aid to mindfulness.

You will need some paper, a pen and a printout of the Mandala template, provided in advance of the workshop by the tutor.

The workshop will be conducted via TEAMS so you may find a headset helpful to avoid disturbing colleagues.

Following this free workshop, you will be welcome to take-a -look at the wide range of WEA online courses to continue your learning journey.

Learning at Work Week is a unique annual event. It's led nationally by Campaign for Learning and locally WEA, UNISON and Sunderland City Council have got together to provide a range of workshops for you to enjoy. The 2024 theme is 'Learning Power': 'Learning is the ultimate tool, providing the opportunity and means to change and enrich our lives through understanding, knowledge and skills, and see the world in a different way.'

## **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/arts-crafts/arts/2-july-creativity-calm-mindfulness-mandalas>