



Course details

Course title

Healthy Living: Early Summer Online Retreat for Carers, those who have Cared and the Cared For

Course code

Q00021828

Course date

Start: 02/06/25

End: 21/07/25

Number of classes

8 sessions

Timetable

Mon 2nd Jun, 10:00 to 11:30

Mon 9th Jun, 10:00 to 11:30

Mon 16th Jun, 10:00 to 11:30

Mon 23rd Jun, 10:00 to 11:30

Mon 30th Jun, 10:00 to 11:30

Mon 7th Jul, 10:00 to 11:30

Mon 14th Jul, 10:00 to 11:30

Mon 21st Jul, 10:00 to 11:30

Tutor

Lisa Richards

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

It's time to recharge and spring into an 8-week early summer detox course, both mentally and physically. This course will help you do just that! This course will give you some good ideas on how to put more self-care practices into your daily routine, you'll learn about beauty routines, gua sha and face yoga exercises with divine natural, skincare products to help to improve your own self-care journey. This online, 8-week course will help you learn in a supportive atmosphere with likeminded learners and with a tutor who is very knowledgeable and experienced in running these kinds of courses.

Course description

We will also discuss some simple, nourishing practices to help you feel refreshed and in harmony with early summer's natural flow. This will help to reset your circadian rhythm, boost energy, and align with nature's renewed spring time vitality. We will learn how to kickstart your mornings with warm water and lemon to flush out toxins. As well as other delicious and easy recipes for fabulous spring meals. We will also discuss many aspects of skincare as during

spring, your skin craves lighter hydration. So, we will discuss the uses of Jojoba Oil, a lightweight yet deeply nourishing oil that balances and refreshes post-winter skin. We will learn how to do facial massage for stress release as well as other forms of massage to release pain in the body using a gua sha stone.

This course will help you to set some great habits for this new season as well as preparing for summer.

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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