



## Course details

### Course title

Personal Development: Mehndi with Conversation (Art Room)

### Course code

Q00026227

### Course date

Start: 06/07/26

End: 27/07/26

### Number of classes

4 sessions

### Timetable

Mon 6th Jul, 12:00 to 14:30

Mon 13th Jul, 12:00 to 14:30

Mon 20th Jul, 12:00 to 14:30

Mon 27th Jul, 12:00 to 14:30

### Tutor

Jamila Mohammed Khanbhai

### Fee range

Funding available - £100.00

### 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

Phoenix House Art Room  
WEA  
1st Floor  
Phoenix House  
1 King Street  
Leicester  
LE1 6RN

## **Level of study**

Beginners

## **Course overview**

This welcoming course introduces the art of Mehndi while creating a relaxed space for conversation, connection and wellbeing. You will learn simple, traditional and contemporary Mehndi designs, explore patterns step-by-step, and practise techniques in a supportive group environment. Alongside the creative activity, you'll take part in friendly discussions that encourage confidence, mindfulness and community. No prior experience is needed — just curiosity and a willingness to try something new. By the end of the course, you'll have developed your Mehndi skills, met new people, and discovered how creative expression can support calm, focus and personal wellbeing.

## **Course description**

This course combines the calming practice of Mehndi with gentle, guided conversation to support personal wellbeing and positive social connection. Each session introduces you to a range of Mehndi techniques, from basic shapes and motifs to more detailed patterns inspired by cultural traditions. You will learn how to build designs gradually, experiment with flow and symmetry, and gain confidence applying Mehndi in a safe and encouraging environment. Alongside the creative activities, the course offers space for relaxed conversation. These discussions are shaped by the group and may explore themes such as creativity, community, confidence, and managing everyday stress. There is no pressure to speak — simply taking part at your own pace is welcome. The focus is on building a friendly atmosphere where everyone feels valued and supported. Mehndi is introduced not only as an art form but as a mindful practice. The slow, intentional movements can help promote focus, steady breathing and a sense of calm. By engaging both hands and mind, many people find it becomes a soothing way to unwind and express themselves. No previous experience is required. By the end of the course, you'll have developed new creative skills, strengthened your wellbeing, and enjoyed connecting with others through art and conversation.

## **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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