



Course details

Course title

Mindfulness

Course code

Q00028272

Course date

Start: 03/07/26

End: 03/07/26

Number of classes

1 sessions

Timetable

Wed 1st Jul, 12:30 to 14:30

Tutor

Monika Ryska

Fee range

Funding available - £16.00

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
1 King Street
Leicester

Level of study

Beginners

Course overview

This is a practical, down-to-earth 2-hour course where learners can explore how to bring mindfulness into everyday life. A range of techniques are added to your toolbox of life skills, working with various mindfulness meditations and basic mindfulness movements that can be practised at home. Mindfulness embraces dealing with both the joys and the challenges that we all have to face. Over the session, participants explore simple, practical techniques to reduce stress, improve focus, and enhance emotional resilience through guided exercises and gentle discussion, creating a supportive space to build awareness and self-care habits.

Course description

This practical, down-to-earth course offers a calm and supportive space to explore how mindfulness can be woven into the rhythms of daily life. Across two hours of guided exercises and gentle discussion, you will build a personal toolkit of techniques — including a range of mindfulness meditations and gentle movements — that can easily be practised at home. The course takes an honest, grounded approach, embracing both the joys and the challenges that we all encounter, and offers simple, effective strategies to help reduce stress, sharpen focus and strengthen emotional resilience. Whether you are completely new to mindfulness or looking to deepen an existing practice, you will leave with greater self-awareness and practical habits to support your wellbeing every day.

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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