



Course details

Course title

Mindfulness for Everyday Wellbeing

Course code

Q00028368

Course date

Start: 28/07/26

End: 28/07/26

Number of classes

1 sessions

Timetable

Tue 28th Jul, 13:00 to 15:00

Tutor

Harsha Kotecha

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

Online

Level of study

Entry Level

Course overview

This course is funded by the York and North Yorkshire Combined Authority and is only available to residents living within the York and North Yorkshire Combined Authority area. This calming and practical 2-hour online taster session introduces learners to simple mindfulness techniques designed to reduce stress, improve focus, and support overall wellbeing. Participants will learn easy-to-apply strategies that can be used in everyday life, including at work, during study, or in stressful situations. Through guided exercises and reflection, learners will gain tools to help them feel more present, balanced, and in control.

Course description

This interactive session explores the core principles of mindfulness and how it can positively impact mental wellbeing. Learners will be introduced to simple techniques such as mindful breathing, grounding exercises, and ways to manage thoughts and distractions.

The session will focus on practical application, enabling participants to incorporate mindfulness into their daily routines. Learners will also explore how mindfulness can support concentration, reduce anxiety, and improve resilience in both personal and professional contexts.

No prior experience is required, and all activities are designed to be accessible and engaging in an online setting.

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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