

Meditation – Guided Practice

Course Code	Venue & Contact Details	
MM499BEA	Venue	Online, using Google for Education
	Address	Community Close, Cranford, Hounslow TW5 9QX
	Phone	020 8583 6000
	Email	courses@hounslow.gov.uk
	Website	www.hace.ac.uk

Day	Times	Start date	End date	No of Weeks	Fee
Thursday	9.30-10.45	16.09.2021	09.12.2021	10	£38 /*Free

**If you are unemployed, looking for work, and are in receipt of a means tested benefit, you do not have to pay the course fees. You will need to sign a self-declaration form stating that you are looking for a job and provide supporting evidence.*

**If you are in low paid employment and you earn less than £10.85p/h or £21,157.59 annual gross salary, you do not have to pay the course fees. You will need to provide proof of income, for example, this could be a wage slip within 3 months of the course start date, or a current employment contract, which states gross monthly/annual wages.*

About the course

This course is part of our wellbeing programme designed to enable learners to try a new art, craft or exercise in order to explore the benefits they have for our wellness. Once you have completed this course you might decide to learn more on our personal and professional development specialist programme, or start practicing more independently.

The purpose of the course is to help people to train their mind to become more aware of thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they are better able to manage them. Practising **mindfulness** can give more insight into emotions, boost attention and concentration, and improve relationships. Your tutor will lead the mindfulness sessions, and guide you into the meditative state in a calm and safe environment.

What will I learn?

After this course you will be able to:

- Choose to deal with stress and anxiety in a calm manner
- Recognise fluctuations and breathing patterns
- Incorporate the techniques covered to develop a personal mindfulness meditation practice

What are the entry requirements?

- There are no specific entry requirements. Beginners are welcome.
- However, to access this course, essential digital skills are required

What do I need to bring with me?

- Wear comfortable clothing
- You may wish to bring a blanket

- Yoga mat
-

How will my learning be assessed?

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and written feedback to support your progression. You will participate in group discussions and receive guidance. To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course. **Please note that the first session is an induction to the course and the centre, so it is therefore essential that you attend.** If you for any reason are unable to attend, please let us know and ensure that you read through the induction slides located in your Google Classroom and complete any related tasks.

What can I do after completing this course?

- The most obvious progression after this course would be to join a meditation group at your local yoga or fitness studio, if you prefer group meditation to independent practice. You might wish to continue learning meditation and mindfulness techniques on our specialist programmes, to gain more confidence.
 - At the end of the course your tutor will advise you on your possible next steps.
 - You can call us to find out about upcoming courses on 020 8583 6000
-

Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
 - Email work@hounslow.gov.uk
 - Visit <http://www.hace.ac.uk/employment-support>
-

