



London Borough of Hounslow

Hounslow Adult & Community Education Course Information Sheet

Course Title	Course Code	Day/s	Time	Start Date	End Date
Mindfulness Meditation - Concentration and Focus	MZ499AAA	THUR	10-11.15am	08/10/20	12/11/20

You will track your progress by accessing your online learning plan (ILP), at the start and at the end of the course. You will respond to questions and feedback in the Google Classroom.

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.

By the end of the course you will be able to:

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

What is required to attend the course?

- A safe place to sit
- Preferably the same designated space every week

Technical Requirements for our Online Courses:

- Access to internet with camera and microphone.
- You must know how to independently access Google Suite Apps - access to a Chrome Browser or Download Phone Apps to access Google Meet, Google Classroom and Google Docs.
Link to download Chrome: <https://www.google.com/chrome/>
- A **hace.ac.uk** account – which will be created after enrolment if you do not have one. You will be sent the Log in Details to this NEW Gmail account the next day (initial password: Hounslow1).
- You must check your hace.ac.uk regularly and accept the invite to Join the Google Classroom a day before your class starts.

This course might be free/discounted for you please check your eligibility here:

- <https://www.hace.ac.uk/courses>

Who can I contact for further information?

- For employment support, please visit <http://www.hace.ac.uk/employment-support>
- For more information please call 0208 583 6000

After this course you will be able to:

- Enrol onto a yoga course or another Adult Learning course.