

## Forest Bathing in Osterley Park

Course Code	Venue & Contact Details	
<b>MZ699BIA</b>	<b>Venue</b>	Osterley Park
	<b>Address</b>	<p>Osterley Park Car Park, Jersey Road, Isleworth TW7 4RB</p> <ul style="list-style-type: none"> <li>• Travel by public transport:</li> <li>• Tube to Osterley Station (Picadilly)</li> <li>• Bus to Osterley Station (H91, PL1, PL7)</li> </ul> <p>There are also other bus stops nearby</p> <p>We will meet by the Car Park. You will receive clear instructions the day before the course starts.</p>
	<b>Phone</b>	020 8583 6000
	<b>Email</b>	<a href="mailto:courses@hounslow.gov.uk">courses@hounslow.gov.uk</a>
	<b>Website</b>	<a href="http://www.hace.ac.uk">www.hace.ac.uk</a>

Day	Times	Start date	End date	No of Weeks	Fee
Saturday	11.30am-1.30pm	11.09.2021	25.09.2021	3	£16 /*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 our wellness. Once you have completed this course you might decide to start practicing Yoga at a local fitness centre or learn more on our Yoga specialist programmes to gain more confidence so to start practising more independently. All HACE Meditation courses are focused on taking a holistic approach to improve health and wellbeing. They are not based solely on exercise. This course is an introduction to the ideas forest bathing and will provide you with tools that you can explore further.

Forest bathing is a mindfulness and meditation practice that originated in Japan (Shinrin Yoku) and gained much popularity in the last few years. The concept builds on the benefits of spending time in nature, specifically forests. It can help you improve your overall wellbeing, personal growth and inner awareness while enjoying the beauty of nature in full presence.

Note: If the weather does not allow us to be outdoors, we will meet up using Google Classroom and Google Meet, and practice meditation from home.

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## What will I learn?

### After this course you will be able to:

- Incorporate techniques to connect with natural surroundings and tune into your senses

- Practice outdoor meditation in group, and individually
  - Practice mindful walking in natural surroundings
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### **What are the entry requirements?**

- There are no specific entry requirements. Beginners are welcome.
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### **What do I need to bring with me?**

- Wear comfortable clothing and good shoes
  - Dress for the weather – there is no bad weather, only bad clothes
  - A notepad or journal, and a pen
  - Bring a phone, and download the Google Classroom app to easily your tutor and the class for meeting up. Alternatively, save our phone number 02085836000 to your phone.
  - A bottle of water. You can also bring a thermos of hot tea
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### **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 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.

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### **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 yoga on our specialist programmes, to gain more confidence and knowledge.
- 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

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### **Information, advice and guidance for employment**

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