

WEA Course Information Sheet 2017-18



Course title: Mindfulness and Meditation		Course ID: C2339008
Start date: 10/04/2018	End date: 26/06/2018	Day(s)/time(s): Tue 13:00
Number of sessions: 11	Hours per session: 2	Tutor Lydia Browne
Additional hours:	Specific funder/partner requirements:	
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £84.70 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: WEA, The Mill, Lodge Lane, Derby, Derbyshire, DE1 3HB		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> 1. Culture Education 2. 		

Course Aim

Exploring Meditation and Mindfulness and seeing how we can include these into our everyday life.

Course Description

We will explore Meditation and Mindfulness through a variety of perspectives. These will include an introduction to the psychological and Buddhist views. We will look at the work of Professor Paul Gilbert on Compassion. There will be an opportunity to look at sound, colour and aspects of the second chakra. We will look at the yogic view. There will be laptops available in class to research aspects of interest for discussion in small groups.

Do I need any particular skills or experience?

- No skills or experience needed
- This course is suitable for beginners and improvers
- Students need a level 2 qualification in English to join this course

What will I achieve?

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

1. Deeper understanding of Compassion applied to the self.
2. Experience of colour, sound and the second chakra
3. An individual plan for including Meditation and Mindfulness in your everyday life.
4. A Personal Journal of your Meditation and Mindfulness experience.

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning
- The inclusion of writing, drawings, 'scrap-booking' as an ongoing recording of your Meditation and Mindfulness journey in a Personal Journal.

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- The recording of your experience of Meditation and Mindfulness in a Personal Journal.

What else do I need to know? Is there anything I need to bring?

- Pen and notebook for Personal Journal.

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- The skills acquired on this course may be helpful to you personally in a work environment.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk

