

WEA Course information sheet 2019-20



Adult Learning
Within Reach

Course title: Aromatherapy with Reiki and Mindfulness		Course ID: C3675770
Start date: 17/01/2020	End date: 14/02/2020	Day(s)/time(s): Fri 09:30
Number of sessions: 5	Hours per session: 2.5	Tutor Juliana Gilmartin
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements: Suitable for all levels		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £47.50 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: St Marys Community Centre, The Circle, Chequerfield, PONTEFRACT, West Yorkshire, WF8 2AY		
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 The Theme(s) used in planning your course is/ are: 1. Health and Wellbeing 2. Community Engagement		

Course Aim

The course aims to mindfully explore Aromatherapy and discover the principles and techniques of apply reiki to help improve ones overall well-being.

Course Description

During this course you will learn how to appreciate the present moment while discovering a range of essential oils and how to apply some basic reiki principles. You will learn how these holistic therapies work and how you can incorporate them into your busy life style to help combat stress and anxiety.

Do I need any particular skills or experience?

- No skills or experience needed
- This course is suitable for beginners and improvers

What will I achieve?

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

1. Recognise a range of essential oils and how you can use them to help with common ailments
2. Use breathing and mindfulness techniques to bring you into the present moment.
3. Focus on an object to help combat any distractions

4. Understand the 7 reiki principles
5. Carry out some basic reiki techniques on self or others.

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

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
- You will be encouraged to consider other students work and give your opinions and suggestions
- A file of work will be kept which will help to record your progress
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you progress

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

- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you

Pre-course work, reading and information sources

- No pre reading is required but research on the subject on the internet or in the library may be helpful

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

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 our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/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



Education & Skills
Funding Agency



European Union
European Social Fund

The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW