

**WEA Course information sheet  
2019-20**

<b>Course title:</b> Essential Oils		<b>Course ID:</b> C2341753
<b>Start date:</b> 02/10/2019	<b>End date:</b> 30/10/2019	<b>Day(s)/time(s):</b> Wed 10:00
<b>Number of sessions:</b> 4	<b>Hours per session:</b> 2	<b>Tutor</b> Anna Michalska-Tomajer
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b>		<b>Level:</b> Level 2
<b>Title of qualification to be gained:</b>		
<b>Fee:</b> £32.00 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded)		
<b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Gorse Covert Community Centre, Maxwell Drive, Loughborough, Leicestershire, LE11 4RZ		
<p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.  <b>Employability</b> – helping students to get a job or to make progress in their employment  <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing  <b>Community Engagement</b> – encouraging students to be positively involved in their communities  <b>Culture</b> – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Health and Wellbeing</b>                      2.</p>		

<p><b>Course Aim</b> These introduction workshops will show you the principles of using pure essential oils to support physical and emotional health.</p>
<p><b>Course Description</b> Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. More modern holistic approaches to wellness have brought about a revival of essential oils for physical and emotional health and well-being applications. Initially, you will be introduced the principles of 'Nature's Medicine Cabinet' using 10 core essential oils. Following research and discussion, you will address how the oils can be used for areas such as: relaxation and sleep, stress relief, concentration, immune system support, emotional balance, skin care, respiratory health, green cleaning, and even muscle tension and pain. You will have the opportunity to blend your own rollerballs. Make some 'green' cleaning products. Learn simple application techniques and discuss oils to support the emotions. An interesting class for anyone interested in learning about the basics of pure essential oils.</p>
<p><b>Do I need any particular skills or experience?</b></p>

### **What will I achieve?**

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

1. Demonstrate an understanding of plant based medicine.
2. Demonstrate an understanding of application methods of essential oils.
3. Demonstrate knowledge of techniques to support physical and emotional wellbeing.
4. Demonstrate practical techniques to make rollerballs
5. Demonstrate practical techniques to make green cleaning products.

### **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

### **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
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

### **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
- 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
- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

### **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](mailto:courseenquiries@wea.org.uk)



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