

Course title: An Introduction to Mindfulness		Course ID: C3744812
Start date: 24/10/2019	End date: 24/10/2019	Day(s)/time(s): Thu 10:00
Number of sessions: 1	Hours per session: 3	Tutor Angela Muscio
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements: Working in partnership with East Surrey College to deliver Education in the community		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Mary Frances Trust, 23 The Crescent, Leatherhead, Surrey, KT22 8DY		
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.		

Course Aim Overview of what Mindfulness means Benefits of Mindfulness practice Brief introduction to the seven dimensions of mindfulness which would be covered in detail on the 8 week course
Course Description This is a three hour session providing an Introduction to Mindfulness and its benefits and how it may be used by individuals.
Do I need any particular skills or experience?
What will I achieve? By the end of the course I will be able to: 1. Describe the benefits of Mindfulness 2. Explain how Mindfulness practice may enhance your wellbeing 3. Practice two mindful exercises

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

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

- Notepad and pen

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

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



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