

Meditation

Course overview

Meditation stills the mind and helps us to let things go and to focus. Not all meditation is about sitting cross legged and chanting, nor does it have to take a lot of time each day to experience the positive effects. This course build on the taster and over the weeks we will explore different types of meditation that are very easy to use in your day-to-day life. You will get to experience different ways to meditate and find one which works for you.

What will I study?

You will:

- review the positive effects of mediation
- explore how to easily fit meditation into your life
- experience a range of meditation techniques to help you find one that suits you and your life

Assessment method

- Self assessment through reflective activities and home practice
- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the course

Entry requirements

This course is open to all. You will need a good understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7006CP	Wednesday 20 January 2021 to Wednesday 10 February 2021	6.30pm to 9pm	Dagenham	£29.00	£15.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722