

Wellbeing: Meditation (Taster)

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 take much time each day. This taster will get you started on what meditation is and easy ways to include med

Over the 2 weeks we will explore a couple of different types of meditation that are very easy to use in your day-to-day life.

What will I study?

You will:

- discuss the positive effects of mediation
- look at how much, how long and how often to meditate
- experience easy to replicate meditations to suit different types of people

Assessment method

- Self assessment through reflection
- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout

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 |
|---------|--|---------------|----------|----------|-------------------|
| 7006CPT | Wednesday 6 January 2021 to Wednesday 13 January 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



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