

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 actities 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 solid understanding of English.

What should I bring with me?

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

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable CPD or wellbeing courses or onto other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

