

Wellbeing: Getting Started With Meditation

Course overview

Meditation stills the mind and helps us to let things go and to gain clarity. Not all meditation is about sitting cross legged and chanting, nor does it take much time each day. This introduction will explore a few different types of meditation that are very easy to use, will get you started on what meditation is and easy ways to include meditation in your day-to-day life.

What will I study?

You will:

- Discuss the positive effects of mediation
- Explore when where 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 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

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to the full meditation course, other wellbeing or CPD 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