

Course Description and Outline

Course Title	Mindfulness Meditation		
Level of Course	Beginners	Course Code	A0022
Duration in Weeks	5		
Brief Description of Course What will the course cover?	This course will allow for a clearer understanding of how meditation can benefit you in your everyday life. You will learn some techniques to use at home and in the workplace. You will also learn some techniques and ideas to help manage your stress through group discussions.		
Entry Requirements	<p>You should be able to speak English clearly and follow verbal instructions.</p> <p>This course may not be suitable if you are on high depression medication, due to meditation sessions. If you are receiving treatment for any mental health conditions, please consult your health professional before enrolling on this course.</p>		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Participate in various breathing meditation practices and learn how it is useful to use in everyday life		
2	Participate in the 'Body Scan Practice' to be 'in the present' and engage with impulses & sensations that may arise in the body		
3	Participate in 'Mindful Movement' and feel what it is like to 'slow right now'		
4	Participate in 'Sounds' meditation to give awareness to sounds that we hear when we really focus on this		
5	Participate in 'Self Compassion' meditation which allows you to give kindness to yourself		
Equipment Required What will I need to bring to class?	Drinking water, light cover if wanted. Pen and paper for notes		
What courses can I go on to?	Introduction to Mindfulness and Wellbeing, Yoga, Pilates		

What examination or assessment will there be and what will it involve?

There is no formal examination or assessment, but you will be asked to monitor your own progress.

How will I know I am making progress?

The tutor will provide verbal feedback throughout the course.

Students are encouraged to monitor their progress and achievement using an Individual Learning Plan (ILP).

You will also gain more from the course if you commit time to it outside the classroom.

Is there anything else I need to know?

Learners are expected to arrive on time and attend every class. Latecomers may not be admitted to prevent disruption to meditation sessions.

Students are encouraged to comment on the course. The tutor will distribute a learner satisfaction surveys during the course and your views will feed back into the planning, teaching and learning of future courses.

If you are currently receiving treatment for depression or any other mental health condition, please consult your health professional before enrolling for this course. Please discuss with tutor any concerns on the first session.

What if I want extra support? Contact the Learner Support & Advice Team

Come and see one of our experienced and friendly advisors. For further information, email ideastore@towerhamlets.gov.uk and a member of the team will get back to you

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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