

## Course Description and Outline

<b>Course Title</b>	Mindfulness, Movement & Meditation		
<b>Level of Course</b>	Beginners	<b>Course Code</b>	B2614
<b>Duration in Weeks</b>	5		
<b>Brief Description of Course What will the course cover?</b>	This course will help to support the development of your sense of the interconnection between the mind and the body. The intention is to become aware of our bodies, thoughts and emotions. The implementation of Mindful stretches and movement are designed to improve your physical, mental and emotional health.		
<b>Entry Requirements</b>	<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>		
<b>Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:</b>			
<b>1</b>	Approach 'physical discomfort' and unwanted experiences with kindness, curiosity and gentleness- this can be applied to later situations of emotional discomfort.		
<b>2</b>	Use the breath as a vehicle to bring attention into the region of discomfort.		
<b>3</b>	Explore with gentle curiosity and kindness, the region of intensity and changing patterns of sensations. Sensing physical qualities of sensations.		
<b>4</b>	Allow our thoughts to explore what it 'means' to have sensations in the body, come and go in our awareness		
<b>5</b>	Focus on body sensations associated with stretches and mindful movement to alleviate stress, feeling of vulnerability and negative modes of mind.		
<b>Equipment Required What will I need to bring to class?</b>	Drinking water, loose comfortable clothing. Pen and paper for notes		
<b>What courses can I go on to?</b>	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](mailto: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.

Course Outline V.3