

Relaxation through Mindfulness

What is the tutor's name?

Delphi Ellis

How long is the course?

One x 90 minute session per week for 6 weeks

Where is the course taking place?

Adult Education, Rivers Centre, Humber Way, Bletchley, Milton Keynes, MK3 7PH

What is the course about?

Relaxation through Mindfulness is about using Mindfulness as a technique to help you find ways to relax.

What are its benefits?

Attending the Mindfulness course can help:

- improve physical health (e.g. reduce blood pressure and improve sleep)
- manage stress and anxiety and help maintain good mental health
- identify a suitable relaxation technique that works for you
- explore what stops you relaxing and build a personal plan to build relaxation in to a busy life
- create a space for relaxation at home

How will the course be taught?

The course will be a mixture of theory and practical exercises looking at mindfulness and demonstrating techniques, with opportunities to practice and discuss its effectiveness. There will be occasional written activities during the six week course and the use of other types of media, e.g. a video to watch and music for relaxation.

What should I bring?

Learners may wish to bring a pen and note book for both classes, although handouts and other resources will be available.

Feeling anxious about joining?

Everyone will have felt like this before and the tutor will make you feel really welcome. We can give you extra help if you need it, so please don't be afraid to ask.