

## Relaxation through Mindfulness

**What is the tutor's name?** Delphi Ellis

**How long is the course?** One x 90 minute session per week delivered online for 8 weeks

### **What is the course about?**

The Relaxation through Mindfulness course suggests mindfulness as a tool to help you rest, relax, and manage your mental health. It incorporates the theory and science behind mindfulness and provides opportunity to try different mindfulness activities and meditation.

### **What will I learn?**

- Explore the benefits for the brain and body (including reduced blood pressure, mild pain management, and better sleep)
- Create a personal toolkit of mindfulness activities to help manage a busy mind
- Build relaxation into everyday life - even if you only have small windows of time to spare

### **How will I learn?**

The sessions offer a mixture of theory and practical exercises. There may be written activities as well as the potential for learning through reading, video and suggested apps.

### **Where is the course taking place?**

The course will be taught online on Google Classroom. Learners will also be given access to reading materials and resources relevant to the course.

### **What resources will I need?**

You will need a device with internet access, this could be a PC, Mac, Laptop, smart/iPhone, tablet/iPad. You will be given access to our Google Classroom where you may access the course resources such as handouts, images, recordings of videos and/or audio etc. We will send you joining instructions after you enrol.

You may wish to bring a notepad and pen with you to each class in case you wish to make notes.

A recommended reading list will be given at the end of the course.

### **Will I gain a qualification?**

You will not gain a formal qualification; however, you may receive a Certificate of Attendance from your tutor.

### **Can I talk to someone about my course before I start it?**

It is usually possible to put you directly in touch with the tutor if a member of the CLMK staff cannot answer your query.

**Important:** If you need help with your online learning experience for a learning difficulty and/or disability (for example a hearing or sight impairment) please let CLMK and/or your tutor know as we may be able to offer you extra support or provide different learning materials. This class involves periods of meditation with eyes closed so it is particularly important that your tutor is aware if you have a hearing impairment.

This course also brings awareness to both the breath and the body. If you have been given a trauma-related diagnosis (such as Post Traumatic Stress Disorder), suffer from asthma or cardiovascular disease, please speak to your doctor before joining this course or to the tutor before registering.

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The content of this course may be adapted as research and theories change.

### **What can I do next?**

You may wish to enrol on one of our other Smile:)MK courses, or other courses within the Community Learning portfolio. You can also stay up to date via our Facebook page at <http://facebook.com/communitylearningmk> or via our website: <https://www.milton-keynes.gov.uk/schools-and-lifelong-learning/community-learning-mk-hub/adult-learning-community-learning>