



Meditation for Wellbeing

5 Week Online Course



4th September - 2nd October 2023

Introduction

Our physical, mental, and emotional wellbeing are all intrinsically connected. There is an ever-growing body of evidence that shows this; from the research on epigenetics, the microbiome, trauma and the body, and how chronic stress impacts our immune system.

Having a regular practice of connecting with yourself, finding time to release stress and any tension that is held in your body and energy field is vital in this time of global uncertainty. It's a time for nourishing practices that help you feel good and enable you to connect to the peace that already exists within you. It's a time to breath and heal your nervous system so that you can respond rather than react to life.

When we gather in community to support each other, to meditate, and to heal, we are powerful! The ripples are felt in our homes, our families, our workplace, and in the wider community.

Each week we will meet on a group zoom call and together we will explore simple and powerful meditation techniques to improve our wellbeing.

Times & Dates

The course starts on Monday the 4th September and runs for 5 weeks. The 2 hourly sessions are held weekly on a Monday evening from 6-8pm. You will also be given a 10-minute daily recording to practice. We will meet online, via Zoom. All login details will be confirmed upon registration.

How much does it Cost?



Full Price – £150

Concessions - £75

(For those entitled to state benefits & Universal Credit)

Course Structure

Week One | THE BODY – Nervous System

- Check-in
- 10-minute connection mindful body meditation
- What is the nervous system recognising in your state?
- Meditation to heal the nervous system
- HOME PLAY - 8-minute daily breath meditation

Week Two | THE MIND – Conscious Mind and Unconscious Mind

- Check-in
- 10-minute meditation for the mind & body
- Busy mind - the tip of the iceberg
- Meditation to bring the mind to peace
- HOME PLAY - 10-minute meditation for a peaceful mind

Week Three | EMOTIONAL BODY - Nurturing your inner child

- Check-in
- 10-minute mindfulness meditation
- What is the inner child and self-care?
- Meditation to connect with your inner child
- HOME PLAY – 10-minute daily check-in for your inner child

Course Structure cont.

Week Four | UPLIFT YOUR ENERGY

- Check -in
- 10-minute mindfulness meditation
- What is your energy system and how does it impact your life?
- Meditation to clear and uplift your energy
- HOME PLAY - 30-minute energy-lift chakra meditation

Week Five | FUTURE PROOFING YOUR PRACTICE – Simple Joy!

- Check-in
- 10-minute mindfulness meditation
- Clearing the blocks to sustainable on-going meditation practice - what can trip us up and what are my top tips to keep on going!
- Closing Meditation