Wellbeing: Mindfulness 2

R26964A

Course Description
This Mindfulness and Meditation course offers a gentle and supportive introduction to mindful living and meditation practices. Each week we will explore practical ways to bring more calm, balance, and awareness into everyday life through guided meditations, breath awareness, relaxation techniques, and simple mindfulness practices.
Over the course, you will experience a variety of meditation styles, gradually building confidence in creating a practice that feels supportive and sustainable for you. Sessions will also include opportunities for reflection, discussion, and learning about the connection between the mind, body, and nervous system.

Start Date: 20 January 2027
Start Time: 13:00
Lessons: 10
Weeks: 10
Hours: 10.00

Venue
Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

What Will I Learn on This Course?

Learners will:
1. Explore and use at least three practical mindfulness techniques to support everyday wellbeing
2. Learn at and use at least three meditation practices and relaxation techniques
3. Develop a greater awareness of your personal stress patterns and at least 3 practical ways to help reduce personal stress

Learners will also:
Build confidence in creating a simple home meditation practice
Discover ways to cultivate more calm, focus, self -awareness, and emotional balance.

Who Could Benefit from This Course?

This course may benefit anyone wishing to slow down and reconnect with themselves amidst the busyness of modern life. It may be particularly supportive for those experiencing stress, overwhelm, anxiety, difficulty switching off, poor sleep, or mental fatigue.
Some studies also suggest potential physical benefits linked to stress reduction, including:
- Reduced muscle tension
- Lower blood pressure in some individuals
- Improved recovery from stress and fatigue
- Support for chronic pain management when used alongside appropriate care

No previous experience is needed. The course is suitable for beginners as well as those wishing to deepen an existing mindfulness or meditation practice.

Is There Anything Else I Need to Know?

Some sessions may include short written reflections or course-related forms. The course combines practical experience with gentle theory and discussion to support understanding and integration of the practices.
IMPORTANT: If you have any concerns about participating due to your physical or mental health, Seek GP guidance.

Will There be Additional Costs?

Please bring:
· A yoga mat (optional)
· Warm clothing or a blanket for relaxation
· A cushion (optional, for comfort)
· A bottle of water
· A pen – notebooks will be provided

WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor can talk to you about other subject related course available.
Medway Adult Education works with local partners including Child Friendly Medway, Medway Sport, MidKent College, Medway School of Arts and the University of Kent. Course information is available in our centres, cafés and on Moodle.
For careers advice, contact the National Careers Service on 0800 100 900 For general enquiries, call 01634 338400

WHAT IS THE ATTENDANCE POLICY

This course runs over multiple sessions.

- We recommend attending at least 85% of sessions
- If you have a planned absence, please tell your tutor in advance
- If you are ill or cannot attend, contact 01634 338400 so your tutor can be informed.

HEALTH & SAFETY

Health and Safety Disclaimer
This course is educational in nature and is not intended as a substitute for medical or psychological support. If you have any concerns about participating, please consult a relevant healthcare professional before attending.
You agree that:
· You will inform your tutor of any current health conditions
· You will work within your own abilities
· You will stop if anything feels uncomfortable
· You will dress appropriately
· You will follow health and safety guidance provided by the tutor
Medway Adult Education is not responsible for personal injury or damage to personal property.
By attending the course, you confirm that you have read and understood this information.