

WELLBEING SATURDAYS - RELAXATION WORKSHOPS

Course Name	Start Date	End Date	Site	Total Fees
Wellbeing Saturdays - Relaxation Workshop	15/05/2027	15/05/2027	WIGSTON MAGNA LIBRARY	20.70

01. Who is this course for?

This course is for anyone looking to improve their wellbeing by learning and exploring practical and effective relaxation techniques.

02. What will I learn?

On this course, you will explore a variety of exercises and techniques that encourage you to think about the connection between body and mind, with the aim of supporting and improving your everyday wellbeing. Drawing on training techniques used in psychophysical performance training, this workshop will support you in developing skills to help you improve your wellbeing through a series of guided exercises in breathing, focus, concentration and relaxation.

03. How will I learn?

This is a 3-hour guided workshop, with opportunities for discussion and sharing in between the practice. You can choose whether you would like to stand, sit on a chair, sit on the floor or lie down throughout the session. Learners will receive verbal and written feedback on their progress. You will get lots of support and encouragement along with the opportunity to explore and experiment with a variety of techniques. This course is led by an experienced drama tutor, with a background in teaching psychophysical approaches to performance.

04. What will I need to bring?

Please wear comfortable, non-restrictive clothes (as you may wish to lie down). You will also need a pen, and you might like to bring a bottle of water.

05. What skills or experience do I need?

No experience is necessary to join this course. This is suitable to complete beginners and no prior knowledge is needed.

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

07. What could I do after this course?

Following this course, you may wish to join one of our yoga courses, where you will learn alternative techniques for meditation as part of your yoga practice. The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.

08. How will I be supported in my learning?

We aim to support all learners to succeed. When you enrol on your course you will be asked if you have any learning difficulties and/or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

09. Is help available with course fees?

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% reduced fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £26,800 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

10. How do I choose the right course for me?

If you are unsure of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk