



## MINDFUL MOVEMENT

### COURSE SUMMARY:

This course will explore movement as a tool to use to support your mental health. You will learn about the strong connection between mental and physical health and the way we use our senses to interact with the world. You will put the theory into practice throughout the course by exploring different types of gentle movement.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- This course is open to everyone, including those using walking aids and powered or manual wheelchairs. All activity can be adapted to anyone's physical needs, although it does help us to plan if we understand your needs before the start of the course.
- We recommend wearing loose comfortable clothing.

### WHAT WILL YOU DO ON THIS COURSE?

**This course will highlight the music you listen to and how it evokes a response in you on a day-to-day basis and how adapting and identifying this, whilst implementing movement to support mindfulness is beneficial to you.**

- ✓ **Identify how** music can benefit individuals' wellbeing
- ✓ **Reflect on** personal emotions and feelings evoked by music
- ✓ **Explore at** least 1 guided movement exercise
- ✓ **Identify how** the body reacts to movement and how this links to mindfulness
- ✓ **Identify and** describe the differences between negative and positive looking movement



**AWARD:**  
Unaccredited

### PROGRESSION FROM THIS COURSE:

- Level 1 Award in Personal Wellbeing
- Build on your progress by attending another one of our health and wellbeing courses