

Non-Formal Award in Methods of Integrating Body & Mind

Mens Sana In Corpore Sano

The body and mind need to work together in order to fully experience clarity of the mind and radiant health. This is the recipe for experiencing peace, confidence, interest in life and harmonious living with others .

Students applying for this course will benefit and learn the basic foundations of strengthening the core and aligning posture through Pilates and Yoga while setting the mind for peace and focus .

During sessions various Relaxation Techniques will be practiced to reduce stress and tension from our daily routines, (ex. Jacobson progressive stretching, Body scan meditation, Mindfulness meditation, Visualization and Relaxation techniques including partner work.)

We will also experience the benefits of of Aromatherapy and Music Therapy.

Upon successful completion, participants will be awarded non-formal qualification at MQF level3.