



Duration: 1 day  
Number of participants: 6 -12

## Purpose

The aims of the day are to provide learners with the awareness and understanding needed to relax

## Learning Outcomes

By the end of the course participants will be able to:

- describe the difference between relaxed and non- relaxed states
- list the benefits of relaxation
- outline how to prepare for relaxation
- demonstrate different relaxation techniques

## Teaching Methods

Teaching methods include:

- presentations with handouts
- individual and group reflection
- case studies
- demonstration
- practical tasks

## Course Content

The following topics are covered by the course:

- What is relaxation and what are its benefits?
- Recognising and releasing tension
- Supporting relaxation practice using the senses
- Relaxation techniques

For information of other courses or services  
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