



Cashel Community School Adult Education Programme



Wellbeing – Mindfulness and Meditation

This short course offers a gentle and practical introduction to mindfulness, meditation, and energy awareness, designed to help participants manage stress, reduce anxiety, and enhance overall well-being. Whether you're completely new to these practices or looking to deepen your understanding, this course provides accessible techniques that can be easily incorporated into daily life.

Throughout the sessions, we will explore the key differences between mindfulness and meditation, gaining insight into how each practice can support mental, emotional, and physical well-being. You will learn about energy—how it flows within and around us—and its impact on our thoughts, emotions, and overall health.

The course will introduce a range of practical techniques, including:

- Deep breathing exercises to calm the nervous system
- Superbrain Yoga and gentle movements to promote focus and balance
- Simple yet effective strategies to manage stress and anxiety
- Guided meditations to promote relaxation and inner peace

Each session concludes with a soothing meditation, allowing you to integrate what you've learned and leave feeling refreshed and centered. This course is open to all, with no prior experience required—just a willingness to explore, relax, and reconnect with yourself.