

Course Information Sheet



Course Code and Name: GL0058254 Balancing Health through Ayurveda

Venue: Friends Meeting House
Greyfriars
Southgate Street
Gloucester
GL1 1TS

Start Date: 10 April 2024
End Date: 01 May 2024
Day: Wednesday
Time: 11:00 to 14:00
Weeks: 4

Tutor: Amanda Zayan

Course Provider: Adult Education in Gloucestershire

Course Summary

A 4 week course looking at and exploring the world's oldest holistic (whole body) healing systems, used by people in India for more than 5000 years. It is based on the belief that health and well being depend on a delicate balance between the mind, body and spirit

Eligibility

Learners must be aged 19 and over on the 1st August of the academic year, when they start their learning. Note: If not ordinarily resident in the UK for 3 years (please speak to a member of staff to confirm eligibility for funding)

How will the course be taught?

Learning will take place in a small friendly environment, using individual and group work, demonstrating and using a variety of practical activities.

How will I know how well I am doing?

You will follow your own individual plan and progress recorded by the tutor and yourself.

Do I need any prior knowledge or qualifications?

No prior knowledge required.

What do I need to bring?

All materials will be provided.

How do I join the course, or find out more?

If you are interested, please contact us by telephone on 0800 542 1655 or email learn@gloucestershire.gov.uk

Cost

Free to eligible learners

What course can I do next?

We can help you to decide the best way forward for you. You could progress onto further courses.

Information and Advice for Progression

Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes.

Health and safety

All our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.

Further information

For all enquiries, regarding the course contact us on 0800 542 1655.