

# Health & Well-being



A range of courses designed to explore health and well-being through a variety of subjects and perspectives. These courses are ideal for personal and professional development, whether it is for improving physical flexibility and relaxation, or confidence in dealing with difficult situations.

If you work with people in healthcare, welfare and education services then you can strengthen your skills and job prospects with an accredited courses in counselling from CPCAB (Counselling and Psychotherapy Central Awarding Body).

## CPCAB Introduction To Counselling

On this course you will learn to use initial counselling techniques which you might want to use in a helping context. This course will help you to decide whether or not you want to pursue a career in counselling. Entry is by application and assessment interview. Call 020 8489 2500 to book an interview. Examination fee is payable by the 2nd week of the course.

<b>HC8/1870</b>	<b>15 Sep-24 Nov 2008</b>	Mon 18:00-21:00	10 Weeks	WGLC	Std £113.00 Conc £57.00
<b>HC8/1871</b>	<b>16 Sep-25 Nov 2008</b>	Tue 10:00-13:00	10 Weeks	WGLC	Std £113.00 Conc £57.00

## CPCAB Certificate In Counselling Skills: Level 2

This course will help you to learn a range of counselling skills which can be used in voluntary or an employed work situation. This level is a good starting point if you would like to start a career in counselling. The examination registration costs are charged separately and are payable at the start of the programme. Entry by application and assessment interview. Please call 020 8489 2500 to book an interview.

<b>HC8/1872</b>	<b>18 Sep-16 Jul 2009</b>	Thu 18:00-21:00	36 Weeks	WGLC	Std £324.00 Conc £162.00
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## Relaxation and Meditation



Learn to relax through light meditation, employing various techniques, borrowed from a range of cultures and faiths. Employ the state of a relaxed and meditative mind to ease stress, anger, tiredness and lack of physical energy. Simply, by clearing your mind, for a while, of clutter and damaging negativity, you will see more clearly how you can better deal with a stressful situation.

<b>HC8/1887</b>	<b>04 Nov-02 Dec 2008</b>	Tue 10:00-12:30	5 Weeks	HL	Std £38.00 Conc £19.00
<b>HC8/1888</b>	<b>06 Nov-04 Dec 2008</b>	Thu 18:15-20:45	5 Weeks	GCA	Std £38.00 Conc £19.00

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for more information on HALS courses call **020 8489 2500/8781**



### Aromatherapy and Its Uses In The Home – Introduction



Aromatherapy has many uses in the home and is a wonderful way to relieve the stresses of everyday life. Learn how to use essential oils for your friends, family and yourself. You will need to bring a small towel as this is a practical course.

<b>HC8/1892</b>	<b>27 Sep-25 Oct 2008</b>	Sat 10:00-12:30	5 Weeks	HiL	Std £38.00 Conc £19.00
<b>HC8/1893</b>	<b>08 Nov-06 Dec 2008</b>	Sat 10:00-12:30	5 Weeks	HoL	Std £38.00 Conc £19.00

### Gentle Hatha Yoga



Gentle Yoga class is particularly suitable for students with health problems who would like a more supportive environment. The class is very gentle and relaxed and focuses on improving mobility, flexibility and strength. It will include breathing exercises as well as relaxation techniques. The aim is to improve confidence and well-being for all ability levels.

<b>HC8/1904</b>	<b>19 Sep-12 Dec 2008</b>	Fri 10:00-11:30	12 Weeks	WGL	Std £68.00 Conc £34.00
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### Gentle Hatha Yoga: Returners



This class is only suitable for those who have done at least TWO TERMS of the Gentle Yoga beginners class. It is a continuation of that class for those who would still like a gentle class but want to take things a little further.

<b>HC8/1891</b>	<b>19 Sep-12 Dec 2008</b>	Fri 11:45-13:15	12 Weeks	WGL	Std £68.00 Conc £34.00
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### Hatha Yoga: General



The general classes are equally suitable for beginners and more experienced yoga students. The class covers key yoga postures in a flowing style and includes relaxation and breathing exercises. It is moderately strenuous, but students can work at their own ability, with the aim of building strength and flexibility as well as feeling more calm and relaxed. A great way to end the day!

<b>HC8/1858</b>	<b>16 Sep-09 Dec 2008</b>	Tue 19:00-20:30	12 Weeks	GCA	Std £68.00 Conc £34.00
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### Gentle Hatha: Intermediate



This is an advanced class that is only suitable for people who have attended at least two terms of the beginners/general class at HALS or who have been practicing yoga for at least one year. This dynamic class will work with postures and sequences suitable for people who have a good level of fitness and ability. The class will also examine different breathing, relaxation and meditation techniques. Start the week with a complete workout!

<b>HC8/1859</b>	<b>15 Sep-08 Dec 2008</b>	Mon 18:30-20:00	12 Weeks	WGL	Std £68.00 Conc £34.00
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