

## General Course Information

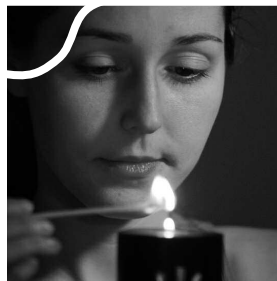
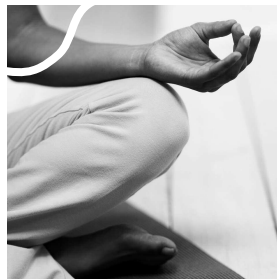
We know it is important to look after our physical health but it is also just as important to look after our mental well-being because the body and the mind work together to promote and maintain good health.

### What to expect

These courses aim to teach practical skills that you can use in your daily lives to enable you to manage the stresses and strains of everyday living more easily. The emphasis is on learning within a friendly and supportive group environment.

### What will they cost?

A small fee of £20 is charged for all courses.



## Courses

### De-stress through Aromatherapy

Use and apply essential oils for both your personal use, and for use around your home to help to lower stress levels.

### De-stress through Massage

This course will teach you how to use massage to stimulate specific pressure points. You will be taught the massage strokes to use for the face, head, upper body and hands, which will help you to wind down and revive flagging energy levels.

### De-stress through Pilates

It is important that we recognise inner tension and understand how our body copes with it. Using the discipline of Pilates, you will perform exercises to work your muscles and energise all parts of the body to regenerate, strengthen and relax the physical body, and to bring calm to a busy mind. The course is held in a large and airy studio.

### De-stress Remedies

Learn to use and apply a variety of complementary therapies to give you some quick and easy 'self help fixes' for everyday stress reduction and use breathing and relaxation techniques to help to alleviate everyday stress.

### De-stress through Tai Chi

Would you like to feel less strained, less stressed and have more energy to deal with the pressures of everyday living? This course offers a gentle introduction to de-stressing through the ancient art of T'ai Chi Chuan and Chi Kung. Tai Chi involves standing and moving slowly into a sequence of flowing movements, combined with rhythmic breathing. You will need to wear loose comfortable clothing.

### De-stress through Voice Work

This course is based on using vocal training and training techniques to help to relax the physical body, and to bring calm to a busy mind. You will learn how to breathe correctly to optimise your oxygen intake, which helps to stimulate that 'feel good' factor and general well-being, and use vocalisation and breathing to release everyday tension.

### Managing Stress

Are you feeling overwhelmed by life's problems? Learn how to deal with stress effectively and healthily. You will study a number of skills and techniques that will allow you to identify, manage and reduce the negative effects of stress.

### Relationship Skills

Do you want to improve your relationships with your family and friends, or the people you work with? There are no 'quick fixes' but why not try some new ways to understand and enhance these relationships.

**For more information or to check you are on our mailing list, please contact Diana Vernon - Living and Learning Education Co-ordinator on 020 8918 7624 or email [diana.vernon@south-thames.ac.uk](mailto:diana.vernon@south-thames.ac.uk)**

## Course Listings Summer Term 2011

### De-stress through Aromatherapy

Where: Roehampton Centre  
When: Wednesday 27 April 2011  
Time: 6.30pm - 9.00pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSBBE/RE0CA

### De-stress through Massage

Where: Tooting Centre  
When: Saturday 4 June 2011  
Time: 1.00pm - 3.30pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSBBE/TD0CE

### De-stress through Pilates

Where: Roehampton Centre  
Date: Wednesday 27 April 2011  
Time: 12.30pm - 3.00pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSBBE/TD0CA

### De-stress Remedies

Where: Roehampton Centre  
Date: Wednesday 1 June 2011  
Time: 6.30pm - 9.00pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSBBE/RE0CB

### De-stress through Tai Chi

Where: Tooting Centre  
Date: Saturday 30 April 2011  
Time: 1.00pm - 3.30pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSBBE/TD0CB

### De-stress through Voice Work

Where: Tooting Centre  
Date: Saturday 11 June 2011  
Time: 1.00pm - 3.30pm  
Duration: 4 weeks  
Cost: £20  
Course Code: WSBBE/TD0CD

### Managing Stress

Where: Tooting Centre  
When: Saturday 30 April 2011  
Time: 1.00pm - 3.30pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSTBE/TD0CB

### Managing Stress

Where: Tooting Centre  
When: Monday 9 May 2011  
Time: 12.30pm - 3.00pm  
Duration: 4 weeks  
Cost: £20  
Course Code: WSTBE/TD0CA

### Managing Stress

Where: Tooting Centre  
When: Wednesday 1 June 2011  
Time: 6.30pm - 9.00pm  
Duration: 5 weeks  
Cost: £20  
Course Code: WSTBE/TE0CA

### Relationship Skills

Where: Tooting Centre  
When: Monday 6 June 2011  
Time: 12.30pm - 3.00pm  
Duration: 4 weeks  
Cost: £20  
Course Code: WSTBE/TE0CC

### Where to find us:

**Tooting Centre, 71 Tooting High Street,  
London, SW17 0TQ**

**Bus:** 44, 57, 77, 127, 155, 219, 264,  
270, 280, 333, 355, 493, G1

**Train:** Tooting **Tube:** Tooting Broadway

**Roehampton Centre, 166 Roehampton  
Lane, London, SW15 4HR**

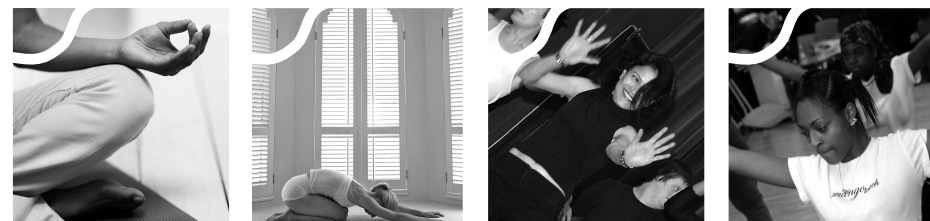
**Bus:** 72, 85, 170, 265, 430, 485, 493

**Train:** Barnes

### Contact us:

**Tooting Centre**  
020 8918 7557

**College Enquiry Unit**  
020 8918 7777



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living and learning courses