



Education & Skills
Funding Agency



HEALTH &
WELLBEING

GREEN BATHING WORKSHOP

COURSE SUMMARY:

Learn to be in the moment whatever the weather. This outside workshop will encourage you to become one with nature and the environment and give you the opportunity to let your inner senses experience the natural world around you. You will practise being still and immerse yourself in nature to help towards improving your personal wellbeing.

ENTRY REQUIREMENTS:

- Aged 19 or over and interested in improving your personal wellbeing



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

- ✓ **List two positive** outcomes from green bathing
- ✓ **Identify and** understand the importance of embracing green bathing
- ✓ **Learn to** be still
- ✓ **Identify three spaces** that can be used to embrace green bathing

PROGRESSION FROM THIS COURSE:

This course will help you to embrace the outdoor environment to enhance your personal wellbeing. Your tutor will support you to identify and enrol on a progression course with Realise Futures or signpost you to other progression routes.



**REALISE
FUTURES**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY