

Wellbeing: Morning & Evening Balance

This course explores simple, achievable morning and evening rituals that support relaxation, mindfulness and overall wellbeing. Learners will explore gentle stretching, mindful movement, nourishing breakfast habits, evening wind down practices and reflection techniques to help regulate stress and improve daily balance.

The course is accessible to all abilities and encourages participants to develop routines that suit their own lifestyles, energy levels and personal needs.

Start Date: 25 September 2026
Start Time: 10:00
Lessons: 10
Weeks: 10
Hours: 15.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW

WHAT WILL I LEARN ON THIS COURSE?

By the end of the course, learners will:

- Understand the role of at least 2 daily rituals in supporting wellbeing
- Practise at least 3 gentle stretching and relaxation techniques
- Develop a personalised morning and evening routines

Also - Increased awareness of stress and self care needs
Feel more confident creating calm within everyday life

Whether you would like to learn new creative skills or to investigate the possibility of a new wellbeing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

IS THIS COURSE SUITABLE FOR ME?

If you have any health concerns, please speak to your GP before enrolling on this course.

After the course, you are encouraged to continue practising what you have learned to support your health and wellbeing.

Everyone learns at their own pace, so you can keep attending until you feel ready to practise on your own.

IS THERE ANYTHING ELSE I NEED TO KNOW ABOUT THIS COURSE?

Some sessions will include a written work or forms (for example, health and safety information).

WILL THERE BE ADDITIONAL COSTS?

Please bring:

- A yoga mat – your tutor will advise you after the first session
- Warm clothing or a blanket for relaxation
- A cushion (optional, for comfort)
- A bottle of water

Please wait until the course is confirmed before buying anything.

WHAT COULD I GO ON TO DO AFTER THIS COURSE?

Your tutor can suggest other related courses, such as:

- Yoga
- Mindfulness

Medway Adult Education works with local partners including Child Friendly Medway, Medway Sport, MidKent College, Medway School of Arts and the University of Kent.

Course information is available in our centres, cafés and on Moodle.

For careers advice, contact the National Careers Service on 0800 100 900

For general enquiries, call 01634 338400

WHAT IS THE ATTENDANCE POLICY

This course runs over multiple sessions.

- We recommend attending at least 85% of sessions
- If you have a planned absence, please tell your tutor in advance
- If you are ill or cannot attend, contact 01634 338400 so your tutor can be informed.

HEALTH & SAFETY

By taking part in this course, you understand that wellbeing classes involve movement and carries some risk.

You agree that:

- You will work within your own abilities
- You will stop if anything feels uncomfortable
- You will dress appropriately and protect work surfaces
- You will follow health and safety guidance provided by the tutor

Medway Adult Education is not responsible for personal injury or damage to personal property.

By attending the course, you confirm that you have read and understood this information.