

# Health and Wellbeing

## Mindful Moments

**Campus:** Rotherham College

**Code:** R28AC18

**Type:** Part Time

The Meditation and Mindfulness curriculum is designed to provide adults with a welcoming, inclusive, and supportive environment where they can develop practical techniques to improve their mental wellbeing, emotional resilience, and overall quality of life.

The course aims to help learners manage the pressures of everyday life by introducing simple mindfulness practices, breathing techniques, guided meditation, and relaxation strategies that can be used both during the sessions and independently at home.

## How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing [info@rotherham.ac.uk](mailto:info@rotherham.ac.uk) or by calling **01709 362111**.

## Tuition Fees

Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with your fees [<https://www.rotherham.ac.uk/course-fees/>] .

If you need further advice or guidance please contact the Enquiries Team on **01709 362111**.

### PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2026-27. However, we do reserve the right to make changes if necessary.

**Last updated:** 11th October 2026