

# Community Learning MK- Adult Education

Course Listings – Summer 2024

[www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses)

## Introduction

It's summertime and the learning is easy with CLMK – Adult Education!

We're looking forward to welcoming you in the Summer term and helping you to improve your existing skills or learn something new.

Go to [www.milton-keynes.gov.uk/courses](http://www.milton-keynes.gov.uk/courses) to find out more about each class, enrol for free courses and express your interest in those with a fee.

New courses are being added throughout the year so keep an eye out on our website and social media for the latest courses and updates!

For more information on any of our courses email [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk) visit [www.milton-keynes.gov.uk/adult-education](http://www.milton-keynes.gov.uk/adult-education) or call us on 01908 252500.

## Summer Term Dates

**Monday 15 April to Saturday 27 July** (Half term holiday Monday 27 May to Saturday 1 June)

Changes to the MK City Council payments system has led to changes in the way you pay and enrol on some courses. Implementation of the new MK City Council payments system has meant that the process to enrol for chargeable courses has temporarily changed. Select the 'enquire' button on our online course database to start the enrolment process. You will then be contacted by a member of our team for payment using the automated telephone service and subsequently enrolled.

We apologise for the inconvenience and will revert to online payments and enrolments as quickly as possible.

## ESOL - English for Speakers of Other Languages

Community Learning MK offers a wide variety of ESOL courses to suit all levels and abilities.

ESOL courses are for people living in the UK whose first language is not English. Courses run for 12 weeks and cover the three core skills of Speaking and Listening, Reading and Writing. Each course ends with an exam. We offer courses at levels ranging from Elementary (Entry 1) to Advanced (level 2).

We also run numerous Talk English sessions available throughout the week, including Saturdays. These are for adults who wish to start their ESOL journey.

To register your interest and/or find out more, email [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## Digital Skills

### Improve your IT Skills

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ITC00031	Getting Started with Microsoft Office	CLMK Learning Centre	15 Apr	Monday 12.30pm-3pm	5 wks	£0	Short, intensive course covering the basics of Microsoft Word, Excel and PowerPoint for work/education
ITC00071	Award in Digital Skills Entry 3	CLMK Learning Centre	23 Apr	Tuesday 12.45pm-2.45pm	10 wks	£0	Entry 3 qualification to develop digital skills for life, work or further study
ITC00091	Getting Started with Microsoft Office	CLMK Learning Centre	3 Jun	Monday 12.30pm-3pm	5 wks	£0	Short, intensive course covering the basics of Microsoft Word, Excel and PowerPoint for work/education
ITA00051	Digital Skills - Over 55s	CLMK Learning Centre	6 Jun	Thursday 1pm-3pm	5 wks	£0	Improve your digital skills in a relaxed atmosphere
EPA02610	BTEC Level 1 Introduction to ICT – Vocational Studies	CLMK Learning Centre	17 Apr	Wednesday 12.30pm-3pm	12 wks	£0	Develop your ICT skills to prepare yourself for employment or further study
ITC00072	Award in Digital Skills – Entry 3 for ESOL	CLMK Learning Centre	18 Apr	Thursday 1pm-3pm	10 wks	£0	For learners with English as a second language, this entry 3 qualification will develop digital skills for life, work or further study.

## Young People's Careers Information, Advice and Guidance

We offer a free and confidential service for young people in Milton Keynes aged 16-19 (up to 25 for care leavers and young people who have special educational needs and or a disability) who are not in education, employment, or training. Our aim is to support young people to understand the options open to them in order that they can make realistic and informed choices. We offer impartial advice on:

- Career Pathways
- Education and Training Courses
- Traineeships and Apprenticeships
- Help with looking and applying for jobs
- CV writing and employability skills

Contact us on 01908 254410 or email [youth@milton-keynes.gov.uk](mailto:youth@milton-keynes.gov.uk)

## Employability and Qualifications

**Free courses for anyone looking to get into work or improve their employment prospects.**

(Residency and employment restrictions apply)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
EPA01210	Level 1 Award in Getting into Work	CLMK Learning Centre	17 Apr	Wednesday 9.30am-11.30am	10 wks	£0	Develop and enhance the skills needed for a working environment and improve your confidence and communication skills
EPA08610	Introduction to Business – BTEC Level 1	Church of Christ the Cornerstone	19 Apr	Friday 9.30am-12pm	12 wks	£0	Develop your skills to build a career
EPA08410	Get Ready for Self-Employment	CLMK Learning Centre	26 Apr	Friday 12.30pm-2.30pm	10 wks	£0	Find out about the skills and knowledge needed to become self-employed
EPA04610	BTEC Level 1 Introduction to Health and Social Care	CLMK Learning Centre	18 Apr	Thursday 12.30pm-3pm	12 wks	£0	Develop your understanding of the health sector and the values, principles, skills and attitudes required for working in health, adult care and childcare
PTC00026	Introduction to Working in a School	CLMK Learning Centre	22 Apr	Monday 9.30am-12pm	4 wks	£0	An opportunity to learn about working in a school and the skills and knowledge required
PTC00027	Introduction to Working in a School	CLMK Learning Centre	3 Jun	Monday 9.30am-12pm	4 wks	£0	An opportunity to learn about working in a school and the skills and knowledge required
EPA03210	City & Guilds Level 1 Introduction to Childcare	CLMK Learning Centre	19 Apr	Friday 9.30am-11.30am	10 wks	£0	For anyone thinking about working in childcare. Develop your understanding of child development and the physical and psychological needs of children

## Courses for Young People

Although our main brochure courses are only open to people aged 19 and over we also run programmes for young people.

These are for anyone aged 16 – 19 years (or up to 25 for those with an Education Health Care Plan – EHCP) who is not in education, employment or training.

The courses aim to increase confidence and communication levels and to help prepare for future pathways into learning or employment and include:

**Wellbeing & Life Skills** course: An opportunity to build on confidence and resilience through wellbeing activities.

Tuesdays and Wednesdays 10am-2pm at the Church of Christ the Cornerstone

**Wellbeing Café:** Focusing on self-care and building confidence in an informal group setting

Wednesdays 11am-12pm at the Church of Christ the Cornerstone

For more information email [jayne.hobbs@milton-keynes.gov.uk](mailto:jayne.hobbs@milton-keynes.gov.uk)

## Maths and English

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
MAA20083	Get Ready for GCSE Maths	CLMK Learning Centre	3 Jun	Monday 6pm-9pm	7 wks	£0	An introduction to GCSE Maths to prepare you for the full course starting in September
ENA00011	Get Ready for GCSE English	CLMK Learning Centre	5 Jun	Wednesday 6pm-8pm	7 wks	£0	An introduction to GCSE English to prepare you for the full course starting in September

## Functional Skills and GCSE English and Maths

At Community Learning MK we offer accredited maths and English Functional Skills qualifications ranging from Entry 3 to Level 2. To enrol on one of these courses, you will need to attend a skills check to determine your current level of ability and ensure you are placed on the right class for you.

Our next skills checks will be taking place in July and August. To book a skills check appointment and for more information about our English and maths offer, please email [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## Multiply

### Improve your Maths skills and gain more confidence

(For learners who have not achieved a Level 2 or higher)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
MUX90090	Games 4 U	Central MK Library	15 Apr	Monday 10.30am-12pm	5 wks	£0	Come and join us for some Monday boardgame and puzzle fun! A great start to the week. Refreshments and sweet treats included.
MUX900110	Living with Numbers	Saplings Children's Centre	15 Apr	Monday 11.30am-1pm	12 wks	£0	Brush up on your numeracy skills, be more confident in your own money management decisions, get stronger in your household budgeting skills. Join any week!
MUX60080	ESOL Maths	Saplings Children's Centre	15 Apr	Monday 1.30pm-3pm	12 wks	£0	Aimed at ESOL students who want to strengthen their English and support their children with maths and perhaps prepare for future Maths and English qualifications.
MUX10110	Life with Numbers	Church of Christ the Cornerstone	16 Apr	Tuesday 10.30am-12.30pm	12 wks	£0	Apply Maths to your daily life and develop confidence in understanding household bills, retail discounts, journey planning and more.
MUX1050	The Language of Maths - ESOL	Online	16 Apr	Tuesday 6pm-8pm	12 wks	£0	For ESOL students who want to strengthen their English and support their children with maths and perhaps prepare for future Maths and English qualifications.
MUX900110	Living with Numbers	Daisychain Family Centre	17 Apr	Wednesday 10am-12pm	6 wks	£0	Brush up on your numeracy skills, be more confident in your own money management decisions, get stronger in your household budgeting skills. Join any week!
MUX50210	Refresh Your Maths	Online	17 Apr	Wednesday 1pm-3pm	12 wks	£0	A refresher class for those confident at Level 1 Maths but would like to prepare for a Level 2 Maths qualification.
MUX200220	Asian Cooking on a Budget	Church of Christ the Cornerstone	19 Apr	Friday 12.45pm-2.45pm	4 wks	£0	Create quick and easy tasty recipes that won't break the bank. Learn how to spread your money wisely and learn innovative ways to use ingredients for your household.
MUX50220	Refresh Your Maths	Online	14 May	Tuesday 6pm-8pm	6 wks	£0	A refresher class for those confident at Level 1 Maths but would like to prepare for a Level 2 Maths qualification.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
MUX900120	Family Fortunes	Moorlands Family Centre	29 May	Wednesday 11.15am-1.15pm	6 wks	£0	Brush up on your numeracy skills, be more confident in your own money management decisions, get stronger in your household budgeting skills. Join any week!

## Community Employment Service

Are you looking for work? Our Community Employment Service can help support you into work, offering practical help and advice to identify your skills and give information about local vacancies and training opportunities.

These free sessions take place across Milton Keynes and online and can be one to one or as part of a group.

Whether you need help creating your CV, preparing for interviews, improving your confidence or to gain skills through work-related training courses, we can help.

For more information email [nep@milton-keynes.gov.uk](mailto:nep@milton-keynes.gov.uk) or call **01908 252323**

## Art and Craft

### Get creative!

(20% discount available for learners aged over 65 or who receive income-based benefits)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACC00351	Machine Sewing - Beginners	Oakgrove School	17 Apr	Wednesday 7pm-9pm	6 wks	£96	Simple practical projects to develop your machine sewing skills.
ACC00681	Machine Sewing - Improvers	Oakgrove School	5 Jun	Wednesday 7pm-9pm	6 wks	£96	For those who have completed Machine Sewing Beginners and/or who already have basic machine sewing skills
ACC00161	Dressmaking - Beginners	Oakgrove School	15 Apr	Thursday 7pm-9pm	6 wks	£96	For complete beginners and those with a little experience. You will need to know how to use a sewing machine.
ACC00721	Dressmaking - Improvers	Oakgrove School	18 Apr	Monday 7pm-9pm	10 wks	£160	For those who have completed the Dressmaking Beginners course and/or who have some basic dressmaking skills already. You will need to know how to use a sewing machine.
ACC00711	Dressmaking – Pattern Cutting Improvers Part 2	Oakgrove School	6 Jun	Thursday 7pm-9pm	6 wks	£96	For those who have attended Pattern Cutting Improvers and want to learn how to use pattern blocks to cut a variety of patterns.
ACC00671	Art Skills Improvers - Drawing and Painting	MK Gallery	30 Apr	Tuesday 12.30pm-3pm	8 wks	£160	Continue to develop your drawing and painting skills using different media.
ACC00110	Watercolour Improvers	Westbury Arts Centre	1 May	Wednesday 9.30am-12pm	8 wks	£160	For anyone who has some experience of using watercolour and would like to develop their skills further.

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACC00381	Project Based Watercolour Painting – Intermediate/Advanced	MK Gallery	30 Apr	Tuesday 9.30am-12pm	8 wks	£160	Guided project-based course, for those who have completed one or more terms at Intermediate level.
ACC00371	Stained Glass - Beginners/Improvers	Oakgrove School	2 May	Thursday 6.30pm-9pm	8 wks	£160	Learn how to work with glass, designing and making your own creations using lead came or copper foil.
ACC00461	Stained Glass – Copper Foiled Sun Catchers or Jewellery	Oakgrove School	8 Jun	Saturday 10am-4pm	1 day	£48	Make a stained glass sun catcher or small item of jewellery as a gift for yourself or a loved one. (A fee of £20 is payable directly to the tutor to cover the cost of materials.)

## One-Day Art and Craft Workshops

### Explore a range of creative skills on a one-day workshop

(Fee includes materials, no concessions available.)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00030	Handmade Books for Beginners	CLMK Learning Centre	20 Apr	Saturday 10am-4pm	1 day	£62	Make your own small book to keep or give as a gift
ACX00021	Knitting for Beginners	CLMK Learning Centre	27 Apr	Saturday 10am-4pm	1 day	£62	Learn the mindful art of knitting
ACX00510	Needle Felting with 3D Effect	CLMK Learning Centre	27 Apr	Saturday 12.30pm-3pm	1 day	£25	Create a 3 dimensional effect animal, plant, or bird design using this relaxing technique
ACX00731	Tweaving – Weaving with Twigs	CLMK Learning Centre	11 May	Saturday 10am-1pm	1 day	£30	Weaving with twigs to create interesting designs
ACX00200	Japanese Kanzashi Fabric Flowers	CLMK Learning Centre	11 May	Saturday 11am-1pm	1 day	£20	Learn the Japanese art form of fabric origami to create decorative flowers
ACX00741	Sketchbook Weaving	CLMK Learning Centre	25 May	Saturday 10am-1pm	1 day	£30	Practise a range of weaving techniques
ACX00721	Dressmaking – Beginners & Improvers	CLMK Learning Centre	8 Jun	Saturday 10am-4pm	1 day	£62	Come and sew a garment over a day, learn some new skills so you can complete a garment at home, or extend your knowledge and try a more complex pattern
ACX00520	Simple Soft Toys	CLMK Learning Centre	8 Jun	Saturday 12.30pm-3.30pm	1 day	£30	Make charming hand sewn soft toys
ACX00431	Quilling Paper Art	CLMK Learning Centre	15 Jun	Saturday 9.30am-12.30pm	1 day	£30	Create amazing art with paper
ACX00550	Introduction to Crewel Embroidery	CLMK Learning Centre	22 Jun	Saturday 10am-4pm	1 day	£62	An introduction to this beautiful embroidery technique
ACX00701	Woven Bowls	CLMK Learning Centre	29 Jun	Saturday 10am-1pm	1 day	£30	Learn the ancient art of weaving to create decorative bowls

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
ACX00440	Introduction to Silk Painting	CLMK Learning Centre	13 Jul	Saturday 9.30am-12pm	1 day	£25	Learn how to transfer patterns ready to paint a vibrant floral design with a variety of wet and dry techniques
ACX00450	Soap Basket with Handmade Flower Design	CLMK Learning Centre	20 Jul	Saturday 9.30am-12.30pm	1 day	£30	Create and decorate your own basket
ACX00621	Perfume & Cologne Workshop	CLMK Learning Centre	27 Jul	Saturday 10.30am-4.30pm	1 day	£62	Indulge your senses in learning about the science of perfume and aromas and create your own bespoke scent

## Courses for People with Additional Support Needs

Through our Supported Employment scheme, we have a range of courses for those with a learning disability who want to learn at a pace more suited to their needs.

Courses include Autism Social Skills, Support into Employment and Further Support into Employment.

For more information, please email [communitylearning.mk@milton-keynes.gov.uk](mailto:communitylearning.mk@milton-keynes.gov.uk)

## Languages

### Improve your language skills

(20% discount available for learners aged over 65 or who receive income-based benefits)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LAC00251	Spanish - Beginners	MKCC Civic Offices	22 Apr	Monday 7pm-8.30pm	10 wks	£120	This course is for absolute beginners and those with a little knowledge
LAC00710	Spanish – Next Steps	MKCC Civic Offices	25 Apr	Thursday 7pm-8.30pm	10 wks	£120	For learners who have completed Spanish Beginners, or one term of tuition
LAC00713	Spanish - Intermediate	MKCC Civic Offices	24 Apr	Wednesday 7pm-9pm	10 wks	£160	This course is for learners continuing at Intermediate or who have completed at least two terms of Spanish Improvers
LAC00391	Italian - Beginners	MKCC Civic Offices	15 Apr	Monday 7pm-8.30pm	10 wks	£120	This course is for absolute beginners and those with a little knowledge
LAC00421	Italian - Next Steps	MKCC Civic Offices	23 Apr	Tuesday 7pm-8.30pm	10 wks	£120	For learners who have completed Italian Beginners, or one term of tuition
LAC00717	Italian - Improvers	MKCC Civic Offices	15 Apr	Monday 7pm-8.30pm	10 wks	£120	For learners who have completed Italian Next Steps, or two terms of tuition
LAC00481	Italian - Intermediate	Online	25 Apr	Thursday 7pm-9pm	10 wks	£160	This course is for learners who are continuing their Intermediate journey or who are new but are at the required level

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
LAC00807	Japanese - Beginners	MKCC Civic Offices	23 Apr	Tuesday 6.45pm-8.15pm	10 wks	£120	This course is for absolute beginners and those with a little knowledge
LAC00901	Japanese - Improvers	MKCC Civic Offices	15 Apr	Monday 6.45pm-8.15pm	10 wks	£120	This course is for learners who have been studying Japanese for two or more terms
LAC00731	Lip-reading Improvers	MKCC Civic Offices	25 Apr	Thursday 7pm-8.30pm	10 wks	£0	This course is for those who have completed beginners and those with a little knowledge

## Family Learning

Our Community Learning MK, Family Learning team offers a huge variety of FREE short courses for parents and/or carers with children under 18. These are available in Children and Family Centres, Community Centres, Libraries and schools.

Here are some of the sessions we deliver across Milton Keynes:

Just for the grown-ups	Supporting your child	Fun with your child
Build Your Confidence	Singing Sacks	Fun with Food
Wellbeing	Story Sacks	Soundstart/Make Music
Art for Relaxation	Language and Play	Nature Explorers
Family Fortunes	Transition to School	Children's Yoga/Active Games
Cooking on a Budget	Fun with Phonics/Maths	Seasonal Arts and Crafts

To request a family learning brochure please contact [nicola.skelton@milton-keynes.gov.uk](mailto:nicola.skelton@milton-keynes.gov.uk) or visit FamilyLearningMK on Facebook

## Health and Wellbeing

### Take some time for yourself and support your mental health

(A fee may apply if you have already completed the same course this academic year or do not meet the age/residency requirements)

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC03000	Ways to Wellbeing	Online	16 Apr	Tuesday 1pm-2.30pm	5 wks	£0	An in-depth 5-week wellness programme consisting of modules to help learners enhance their wellness to achieve better wellbeing
SMC00131	Meaningful Connections	Church of Christ the Cornerstone	18 Apr	Thursday 10am-11.30am	6 wks	£0	A six-week exploration of what it means to make friends, build communities and tackle loneliness
SMC00791	Manifest Your Success	Online	18 Apr	Thursday 1pm-2.30pm	6 wks	£0	Consider purpose, meaning and success by setting meaningful intentions

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00261	Art for Wellbeing	Westbury Arts Centre	19 Apr	Friday 10am-12pm	10 wks	£0	Improve your wellbeing through creativity
SMC00271	Art Journalling	Westbury Arts Centre	19 Apr	Friday 12.30pm-2.30pm	10 wks	£0	Create your own unique visual journal to aid your wellbeing
SMC00731	Textile Heaven	CLMK Learning Centre	19 Apr	Friday 1pm-3pm	10 wks	£0	Knitting, weaving, sewing, crochet, patchwork, yarn art ... find out how these fun crafting activities can improve your wellbeing as well as your skill set
SMC00461	Armchair Yoga	Church of Christ the Cornerstone	23 Apr	Tuesday 10am-11am	10 wks	£0	Gentle seated yoga stretches for those with mobility issues
SMC00761	Armchair Yoga - Improvers	Church of Christ the Cornerstone	22 Apr	Monday 1.30pm-2.30pm	10 wks	£50	Gentle seated yoga stretches for those with mobility issues – this class is for returning learners / improvers
SMC00011	Nagomi Art	Church of Christ the Cornerstone	22 Apr	Monday 6pm-8.30pm	10 wks	£0	Learn about this Japanese pastel art using fingertips to create beautiful artworks
SMC00301	Art for Wellbeing	Rowans Family Centre	23 Apr	Tuesday 12.30pm-2.30pm	10 wks	£0	Improve your wellbeing through creativity
SMC00281	Art Journalling	Sunshine Children's Centre	24 Apr	Wednesday 10am-12pm	10 wks	£0	Create your own unique visual journal to aid your wellbeing
SMC00091	Empowering Freedom	Church of Christ the Cornerstone	30 Apr	Tuesday 1pm-2.30pm	4 wks	£0	Living with the effects of abuse - how to improve your self-esteem and confidence
SMC00371	Less Stress, More Resilience	MKCC Civic Offices	30 Apr	Tuesday 6.30pm-8pm	8 wks	£0	The key ingredients to live a calmer, more resilient life. This may also benefit those who are experiencing anxiety
SMC00071	Finding Your Way through Grief	MKCC Civic Offices	2 May	Thursday 6.30pm-8pm	8 wks	£0	Aims to bring bereaved people together to help navigate loss, through awareness and understanding. May also be useful to those who are helping others with a loss
SMC00481	Relaxation through Mindfulness	Church of Christ the Cornerstone	7 May	Tuesday 10am-11.30am	8 wks	£0	An in-depth eight-week course that looks at managing thoughts and emotions by staying in the "now", using mindfulness
SMC00191	Wellbeing for Pain Management	Online	4 Jun	Tuesday 1pm-2.30pm	6 wks	£0	Gives people who experience ongoing problems with pain the opportunity to explore what helps (and what doesn't)
SMC00551	Confident Communication	Church of Christ the Cornerstone	6 Jun	Thursday 10am-11.30am	7 wks	£0	Essential skills for effective communication, including developing healthy boundaries and assertiveness
SMC00031	Working Towards Self Compassion	Online	6 Jun	Thursday 1pm-2.30pm	6 wks	£0	Explore what self-compassion is and how you can develop yours for a happier life
SMC00089	Understanding Male Mental Health	Church of Christ the Cornerstone	12 Jun	Wednesday 6pm-8pm	4 wks	£0	For healthcare providers, community leaders, and anyone interested in men's mental health

## Health and Wellbeing One-Day Workshops

Course Code	Course Title	Venue	Start Date	Day and Times	Course Length	Fee	Description
SMC00061	Better Sleep	Online	16 Apr	Tuesday 6pm-8pm	1 day	£0	Learn effective sleep strategies
SMC00421	Hygge - The Danish Path to Happiness	MKCC Civic Offices	23 Apr	Tuesday 6pm-8pm	1 day	£0	Give yourself a well deserved hug and discover how to live well and be happy, the Danish way
SMC02000	Map Skills	CLMK Learning Centre	18 May	Saturday 10am-4pm	1 day	£0	Discover how to use an Ordnance Survey map to plan a walk, understand countryside footpaths and rights of way then practice your skills on a gentle 2-hour walk
SMC00161	Understanding Dreams	Online	2 Jul	Tuesday 6pm-8pm	1 day	£0	Explore your dreams and what they might mean
SMC00431	Shinrin Yoku – The Japanese Art of Treebathing	Online	9 Jul	Tuesday 6pm-8pm	1 day	£0	Discover how nature can be used as a form of therapy
SMC01000	An Introduction to Yoga Nidra	MKCC Civic Offices	16 Jul	Tuesday 6pm-8pm	1 day	£0	Learn more about the deep relaxation practice to help reduce stress and improve sleep

### Opening Times

Monday to Thursday 9am-4.30pm

Friday 9am-4pm

**CLMK Learning Centre**, Central Milton Keynes Library, 555 Silbury Boulevard, Milton Keynes, MK9 3HL