



**IT'S YOUR
TIME TO**

SHINE

INSPIRE | CHALLENGE | EMPOWER

**2022-23
LEISURE GUIDE**

UCM





WELCOME

Welcome to our new leisure guide for the Academic Year 2022/2023. At University College Isle of Man (UCM), we have a wide range of leisure courses on offer. Whether you want to improve your career prospects, learn new skills, improve your knowledge or just want to meet like-minded people, then we are sure you will find something in the guide to suit your needs. Look out for our new exciting courses including walking, candle making, nail art and face painting, to name but a few.

Our courses run at different locations across the Island, as well as at UCM, and are held during the day, evenings, and also Saturdays, so you can fit them around your commitments.

It could not be easier to enrol for one of our leisure learning programmes, simply enrol and pay online via our website www.ucm.ac.im. To watch a video on how to enrol, from the UCM homepage (www.ucm.ac.im) click on the video.

How to enrol online



Go to the UCM website and select Leisure Courses or go directly to www.ucm.ac.im/leisure



You can either browse the courses by interest or click on the link to 'view all and enrol online'.



Select the course you want. You can find out more information about what's included in the course and press the 'Enrol' button.



Once you press the "Enrol" button, you will notice the course has been added to your basket. If you want to enrol on more than one course you can find those courses and add them to the basket.



To confirm your enrolment and pay online, select the "Checkout" button, you will be asked to log into the Learner Portal or create an account.



Follow the on-screen instructions. Once you have completed the application you will receive a confirmation email and your place on the course is confirmed.

DO YOU HAVE A SKILL TO SHARE?

If you have a particular skill, talent, knowledge, hobby or interest which you think would be of interest to other adults in the community, and you feel you have the experience and ability to share, please contact: The Adult Continuing Education team on 648204 or by emailing ace@ucm.ac.im to discuss the possibility of becoming a sessional lecturer on a future leisure programme.

ADULT LITERACY & NUMERACY

Course title	Description	Start date	Length	Fee
Catch-up English & Maths - Douglas	Let us help you with reading, writing, spelling and working with numbers. We run 'Catch-up English & Maths' classes giving one-to-one tuition in literacy and numeracy in various centres around the Island.	19.00-21.00	TERM TIME	FREE
Catch-up English & Maths - Ramsey		19.00-21.00	TERM TIME	FREE
Catch-up English & Maths - Castletown		19.00-21.00	TERM TIME	FREE

BUSINESS & TECHNOLOGY

ADOBE

Course title	Description	Start date	Length	Fee
Graphic Design for Beginners	If you have little or no knowledge of graphic design and want to create high quality posters and leaflets.	27/09/22	8 wks	£112

BUSINESS DOCUMENTS

Course title	Description	Start date	Length	Fee
Creating Business Documents	Learn to layout and practice letters, emails, agendas, minutes and reports.	09/03/23	4 wks	£56

COMPUTERS (all computer courses will use microsoft office 2016 for windows)

Course title	Description	Start date	Length	Fee
Computer Basics - Absolute Beginners	If you have little or no knowledge of computers and want to complete simple tasks.	02/11/22	3 wks	£42
Computer Basics - User Skills	If you have basic knowledge of computers and want to develop your skills from the beginners' course.	01/03/23	3 wks	£42

CYBER SAFETY

Course title	Description	Start date	Length	Fee
Personal Cyber Safety	Learn the basics of protecting yourself and your digital identity.	08/10/22	1 day	£28
		11/02/23	1 day	£28

MICROSOFT OFFICE (All courses will use Microsoft Office 2016 for Windows.)

EXCEL

Course title	Description	Start date	Length	Fee
Microsoft Excel for Beginners	If you have no or little knowledge of Excel or want to refresh skills.	19/10/22	1 day	£21
		01/11/22	6 wks	£84
Microsoft Excel Intermediate	If you have a good understanding of Excel and want to develop your skills.	08/02/23	1 day	£21
		28/02/23	6 wks	£84
Microsoft Excel Charts and Graphs	If you have basic knowledge of Excel and want to know how to present data.	02/11/22	1 day	£14
Microsoft Excel Tracking/Editing	If you have a good understanding of Excel and want to learn how to collaborate over a shared document as well as track changes.	16/11/22	1 day	£14

"IT WAS WELL RUN, THE TEACHER WAS VERY KNOWLEDGEABLE AND EXPERIENCED, AND I ENJOYED IT VERY MUCH"

Microsoft Excel student

MICROSOFT WORD

Course title	Description	Start date	Length	Fee
Microsoft Word for Beginners	If you have no or little knowledge of Word or want to refresh skills.	08/11/22	4 wks	£56
		11/11/22	1 day	£21
Microsoft Word - An Introduction to Mail Merge	If you have good understanding of Word and want to learn how to mail merge.	02/12/22	1 day	£21
Microsoft Word Intermediate	If you have a good understanding of Word and want to develop your skills.	07/02/23	4 wks	£56
Microsoft Word - Working with Long Documents	If you have a good understanding of Word and want to develop your skills in working with long documents.	10/03/23	1 day	£21

**MEET THE
TUTOR**

**CATHY
LORD**

"Many people think they know how to use Word but there are so many hidden features that I love teaching them and getting the 'ah ha' moment when they find a new feature and realise how it will help them in their work or home projects."

**"COME ALONG AND LET ME TEACH
YOU SOME TIMESAVING TIPS"**

CREATIVE ARTS

ACTING

Course title	Description	Start date	Length	Fee
Acting & Voice for all	If you want to develop imagination, confidence and a sense of wellbeing.	27/09/22	5 wks	£70
		01/10/22	5 wks	£70

CANDLE MAKING

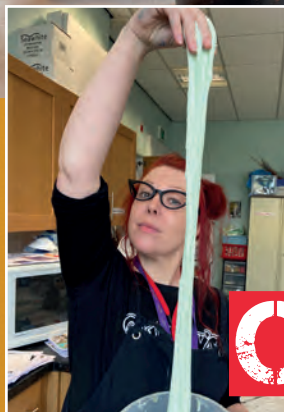
Course title	Description	Start date	Length	Fee
An Introduction to Candle Making	Learn how to make your own candles.	03/12/2022	1 day	£38
		11/03/2023	1 day	£38

“THOROUGHLY ENJOYED THE COURSE, EXCELLENT TEACHER. HE IS A VERY TALENTED ARTIST WHO INSPIRES CONFIDENCE. MY ART IS IMPROVING AND PAUL GIVES A LOT OF ENCOURAGEMENT”

Watercolour student

DRAWING & PAINTING

Course title	Description	Start date	Length	Fee
Watercolour & Mixed Media (Landscape)	Learn how to develop your techniques using watercolour.	12/09/22	12 wks	£252
		23/09/22	10 wks	£245
		06/03/23	9 wks	£188
		10/03/23	10 wks	£245
Watercolour Landscape Painting for Beginners/ Improvers	Learn to develop your techniques using watercolour.	01/10/22	10 wks	£210
		11/03/23	8 wks	£168
Oil Painting for Beginners	If you have little or no knowledge of oil painting.	28/09/22	9 wks	£188
Acrylic Landscape Painting	Learn ways in which acrylic paint can be used for landscapes.	27/09/22	10 wks	£210
		07/03/23	8 wks	£168
Oil Painting for Improvers	If you have good knowledge of oil painting.	02/02/23	9 wks	£188
An Introduction to Drawing	Learn how to draw the basic elements to help you in all other aspects of your creative interests from painting to sewing.	15/09/22	6 wks	£84
		03/11/22	6 wks	£84
Drawing for Improvers	If you have good knowledge of drawing and would like to further your skills.	02/02/23	6 wks	£84
		30/03/23	6 wks	£84
Learn to Draw & Paint	Learn basic techniques in drawing and painting.	01/10/22	18 wks	£250
Drawing & Painting for all Abilities	Learn how to respond and communicate in different media, especially pencil and watercolour.	28/09/22	18 wks	£252
An Introduction to Life Drawing	Learn how to draw the human figure.	27/09/22	8 wks	£140



**MEET THE
TUTOR**

**ANNA
CLUCAS**

“Anna Clucas has been crafting and creating all of her life, using stories, music and her surroundings as inspiration for her art work. Studying art at UCM from the age of 16, she embraced everything that was creative in her, and captured what was to be an exciting future in the visual arts world. Anna graduated in 2000 with a BA Honours degree in Ceramics and Printmaking. She went on to continue through her working life with oil painting, teaching art and putting on exhibitions. The love of painting still keeps Anna working professionally as an artist, and seeing how much children and adults exude confidence from their creative escapes, brings her huge joy. Anna has exhibited her art work on island and internationally over the years, and always has ideas up her sleeve for more. When teaching, Anna encourages her students to work at their own pace and choose subjects and inspiration they have a passion for, to help them develop their own style. She says:

**“WATCHING STUDENTS’ PROGRESS AND GROW IN SELF-BELIEF,
IS ONE OF THE MOST REWARDING PARTS OF BEING A TUTOR” . ”**

FASHION

Course title	Description	Start date	Length	Fee
Dressmaking & Pattern Constructions	Learn or improve existing dressmaking skills and sewing techniques.	27/09/22	18 wks	£376
Sewing for Beginners	If you are new to sewing and want to build confidence on your sewing machine.	27/09/22	9 wks	£125
		31/01/23	9 wks	£125
Contemporary Surface Pattern in Textiles	Learn the fundamentals of media. You will be introduced to colour, mark making, mixed media.	01/11/22	3 wks	£68
Contemporary Manipulated Fabric Techniques	Learn the area of manipulated textile process.	22/11/22	3 wks	£68
An Introduction to Free Machining	Learn the creative process of drawing in stitch.	31/01/23	3 wks	£68
Beginning to Sew	Learn how to make fun sewing projects.	29/09/22	9 wks	£198
		02/02/23	9 wks	£198
Knitting Workshop for Beginners	If you have little or no knowledge of knitting.	08/10/22	1 day	£27
		11/02/23	1 day	£27
Crochet for Beginners	If you have little or no knowledge of crochet.	12/11/22	1 day	£28
		25/03/23	1 day	£28

MEET THE
TUTOR

**CAITLYN
STEYN**

“Caitlin Steyn, also known as ‘Kat’ by friends, relocated to IOM from South Africa in 2017. During her career in South Africa, she successfully completed a Diploma in Fashion design from Linea Fashion Academy in 2009, and then furthered her studies, completing a Diploma in Fashion and Textile design from Durban University of Technology in 2014. She went on to start her own clothing brand KSD and participated in the 2015 mentorship program run by the Durban Fashion Fair, where she was mentored in running a fashion business in the South African clothing industry by industry leaders Terrance Bray and Greg Wallis. Kat now enjoys sharing both her creative and technical skills in sewing and textiles with her students.

FROM BEGINNERS TO THE MORE CONFIDENT SEAMSTRESSES, KAT ENJOYS HELPING THEM DEVELOP THEIR TALENTS AND PUSH THEIR CREATIVITY THROUGH SEWING.”

FELT MAKING

Course title	Description	Start date	Length	Fee
Christmas Needle Felting Day	Learn to make fabulous festive 2D & 3D Christmas decorations and gifts.	19/11/22	1 day	£46
Intro to Felt Making All Abilities	Learn to create a range of items using 2D and 3D techniques.	11/02/23	1 day	£46
Wet Felting Project Day	Learn to make more advanced felted items.	25/03/23	1 day	£46

FLORAL ART

Course title	Description	Start date	Length	Fee
Floral Art for Beginners	Learn the basics of flower arranging. No previous knowledge/experience required.	01/10/22	4 wks	£62
		28/01/23	4 wks	£62
Floral Art for Improvers	Learn how to enhance your skills.	05/11/22	4 wks	£90
		04/03/23	4 wks	£90

MACRAMÉ

Course title	Description	Start date	Length	Fee
Macramé for Beginners	Learn the basic knots in order to make your own hanging basket.	05/11/22	1 day	£25
		04/03/23	1 day	£25

“Margie has been teaching Floral Art on the Island since 1989, which started in the UK purely as a hobby, and then she went on to complete a City and Guilds course. She has taught adults and many years ago, even helped the Boy Scouts in Ramsey obtain their badges for designing an arrangement! Floral Art used to be flower arranging, but things have moved on and become more of an art form over the years. No two courses are the same and many of students remain friends, make friends and return time and time again. She has been part of an Isle of Man team twice at the Chelsea Flower Show, helping to win two silver medals for the Island, and has competed in competitions both here and in the UK. Sharing the art is very important and making sure that everyone has fun, is also key to the continuation of the courses.

WE NEVER STOP LEARNING FROM OUR SURROUNDINGS AND EACH OTHER”



MARGARET PARR

MODEL ENGINEERING

Course title	Description	Start date	Length	Fee
Model Engineering & Restoration	If you have a project to work on that is suitable for model engineers and enthusiasts.	27/09/22	9 wks	£188
		17/01/23	9 wks	£188

MUSIC

Course title	Description	Start date	Length	Fee
Drums for Beginners	If you have little or no experience of playing the drums.	27/09/22	9 wks	£76
		31/01/23	9 wks	£76
Drums for Intermediates	If you have experience or have completed the 'Drums for Beginners' course.	27/09/22	9 wks	£76
		31/01/23	9 wks	£76
Acoustic Guitar for the Intermediate Player	If you have experience playing acoustic guitar.	27/09/22	9 wks	£126
Electric Guitar: An Introduction to Rock & Pop	Learn to play Rock & Pop, including Classic Rock, Metal, Funk and contemporary styles.	01/10/22	9 wks	£126
Intermediate Guitar including Fingerstyle	Learn an insight into claw hammer/Travis finger style guitar.	14/01/23	9 wks	£126

PHOTOGRAPHY

Course title	Description	Start date	Length	Fee
Creative Photography for Beginners	Learn your camera's creative controls, print critiques and image appreciation.	24/01/23	7 wks	£98
		25/01/23	7 wks	£98
Creative Photography for Improvers	If you have experience or have covered the fundamentals of photography.	21/03/23	7 wks	£98
		22/03/23	7 wks	£98

POTTERY & CERAMICS

Course title	Description	Start date	Length	Fee
Pottery & Ceramics Beginners	If you have little or no knowledge of pottery and ceramics.	05/10/22	9 wks	£163
		02/11/22	8 wks	£145
Pottery & Ceramics Intermediate	If you have basic knowledge or have attended the beginners' pottery & ceramics course.	01/11/22	8 wks	£145
		18/01/23	9 wks	£163
		18/01/23	10 wks	£182

Course title	Description	Start date	Length	Fee
Pottery & Ceramics Advanced	If you have good knowledge or have attended the intermediate pottery & ceramics course.	01/11/22	18 wks	£328
		17/01/23	10 wks	£182
Ceramics Christmas Crafts	If you are a beginner or an enthusiastic amateur who would like to learn how to hand build with clay.	19/11/22	4 wks	£122
Ceramics – Surface Decoration	You will learn a variety of different surface decorating techniques.	04/03/23	5 wks	£146

PRINTMAKING

Course title	Description	Start date	Length	Fee
Printmaking for Beginners & Improvers	Learn a selection of fundamental printmaking techniques.	01/02/23	9 wks	£203
Learn how to Lino Print	Learn about the printmaking process of lino printing.	04/02/23	8 wks	£183

WOODWORK

Course title	Description	Start date	Length	Fee
Woodwork for Beginners	If you have little or no knowledge of working with wood.	01/10/22	6 wks	£186
		04/02/23	6 wks	£186
Woodwork for Improvers	If you have good knowledge of working with wood.	29/04/23	5 wks	£156

FOOD AND DRINK

CAKE DECORATING

Course title	Description	Start date	Length	Fee
Cake Decorating for Beginners	Learn how to decorate cakes using royal icing, marzipan modelling and sugar flowers.	28/09/22	8 wks	£112
		01/02/23	8 wks	£112
Christmas Cake & Cupcake Decorating	Learn how to ice and decorate your own Christmas cake/cupcakes.	19/11/22	1 day	£38

“I HAVE COMPLETED BOTH CAKE DECORATING COURSES WITH EMMA. SHE IS A BRILLIANT AND I HAVE LEARNT SO MUCH. SHE IS GREAT, AND SUCH A PATIENT TUTOR”.

Cake Decorating student



COOKERY

Please note, ingredients are not provided for any of the cookery courses. The recipes will be given to you before the course starts.

Course title	Description	Start date	Length	Fee
Science of Cooking	Learn about the 'how's' and 'why's' of traditional and modernist cooking techniques.	27/09/22	4 wks	£94
		28/02/23	4 wks	£94
Absolute Beginners Cooking Course	If you have little or no knowledge of cooking.	01/11/22	5 wks	£115
		10/01/23	5 wks	£115
Beginner Baking	If you have little or no knowledge of baking.	08/10/22	1 day	£42
		24/01/23	5 wks	£115
		11/02/23	1 day	£42
Intermediate Baking	If you have good knowledge of baking. You will learn some more advanced skills.	19/11/22	1 day	£44
		07/03/23	5 wks	£115
		25/03/23	1 day	£44
Vegan & Vegetarian World Cuisine	Learn to make recipes showcasing the best of world cuisine.	28/09/22	8 wks	£120
Plant-Based Power! Modern Recipes for Health & Wellbeing	Learn the new and exciting developments to vegan cookery.	25/01/23	8 wks	£120
Summer Plant Based Kitchen	Learn to cook vibrant dishes that explore the Mediterranean.	26/04/23	5 wks	£76
Festive Cooking: Plant Based Alternatives	Learn to cook a sumptuous 3 course Christmas menu that offers dairy and meat alternatives with some gluten free options.	19/11/22	1 day	£41
Introduction to Plant Based Cookery Part 1	Learn how to use a diverse range of plant-based ingredients.	11/02/23	1 day	£41
Introduction to Plant Based Cookery Part 2	Learn how to use even more plant-based ingredients (different recipes from part one).	06/05/23	2 days	£44
The Creative Vegan	Learn essential tips and try unfamiliar ingredients.	25/03/23	1 day	£41

WINE TASTING

Course title	Description	Start date	Length	Fee
Wine for Beginners	Learn the popular varietals of wine and the insight needed to feel confident purchasing wine.	05/10/22	6 wks	£104

“Yohann grew up in Sologne in France, a beautiful region famous for its wowing castles, traditional gastronomy and the world-renowned Tarte Tatin; food has always been such an important part of Yohann’s heritage. After leaving school, he went on to be classically trained in one of the leading French schools of apprenticing. He spent the next two years studying and working at the same time in a 1 Michelin star restaurant, where, under the supervision of a team of fiery and passionate chefs, he learned the art of Gastronomy.”



**MEET THE
TUTOR**

**YOHANN
BONJUS**

GENERAL INTEREST

ASTRONOMY

Course title	Description	Start date	Length	Fee
Astronomy from the Isle of Man	Learn about the wonders of the Manx Night Sky and Man’s exploration of the Universe.	27/09/22	12 wks	£167
Manx Night Sky 2023	Learn about the Manx night sky and what it has in store for us in 2023.	11/02/23	2 days	£42

“FIVE-STAR COURSE, I REALLY ENJOYED IT”
Astronomy student

BEAUTY & MAKE-UP

Course title	Description	Start date	Length	Fee
Special Occasion Make-up for Beginners	Learn basic make-up application for special occasions.	01/10/22	4 wks	£88
Nail Art for Beginners	Learn different techniques of nail art.	05/11/22	4 wks	£85
Manicure for Beginners Including, Hand & Arm Massage	Learn the basics of manicure and nail care.	28/01/23	4 wks	£85
Face Painting for Fun	Learn the basics of face painting.	04/03/23	4 wks	£88

PROSTHETIC MAKE-UP

Course title	Description	Start date	Length	Fee
Beginners Life Casting	Learn the safest way to cast 3D portraits.	14/11/22	1 day	£69
Beginners Creature Sculpting	Learn how to visualise, design and produce a 3D maquette.	06/02/23	1 day	£65
An Introduction to Special Effects Make-up	Learn how to create special effects such as realistic cuts, bruises and scars.	25/03/23	1 day	£77

HISTORY & HERITAGE

Course title	Description	Start date	Length	Fee
Russia & the Russians	Learn a mixture of Russian history, phrases and expressions.	28/02/23	6 wks	£84
Rulers & Lovers – Women who Changed the World	Learn about the history of famous women.	01/03/23	4 wks	£56
The History & Archaeology of Tynwald Hill, St Johns	Learn about this iconic location as part of our rich Viking heritage.	04/10/22	1 day	£14
St Patrick's Isle, Peel During the Viking Age & Later Norse Period	Learn the significance of this iconic site in terms of our national heritage.	17/01/23	2 days	£28
Wind, Water & Ice – The Shaping of the Manx Landscape	Learn a brief overview of various local landforms, their identification and locations.	28/02/23	3 wks	£42
The Manx Crosses – Stone Sculpture in the Isle of Man from the Early Christian Period to the Viking Age	Learn about the carved stone crosses, which are of national and international importance.	26/11/22	2 days	£42

MANX LAW

Course title	Description	Start date	Length	Fee
Manx Law	Learn the basics of the Manx Law covering areas that you may encounter in your everyday life.	22/10/22	1 day	£14
Manx Law – Part 2	Learn about the house-buying process and the roles of the various agencies.	19/11/22	1 day	£14

HEALTH & WELLBEING

DANCE

Course title	Description	Start date	Length	Fee
Social Dancing for Beginners	Learn basic standard ballroom, Latin, sequence and similar dancing for couples.	26/09/22	18 wks	£126
Social Dancing for Improvers*	Learn technique and extra figures for couple who can do ballroom and Latin dancing.	26/09/22	18 wks	£126

*This course follows on from the previous hour's course but can be taken individually (all courses are open to anyone regardless of standard or experience).

EXERCISE

BADMINTON & PICKLEBALL

Course title	Description	Start date	Length	Fee
Badminton for Beginners/ Improvers	If you have no previous experience of playing badminton or would like to improve.	12/09/22	10 wks	£150
		16/01/23	10 wks	£150
Pickleball for Beginners	If you have no previous experience of playing pickleball.	27/09/22	9 wks	£64

GOLF

Course title	Description	Start date	Length	Fee
Get Golf Ready (Beginners)	If you have no or little knowledge of playing golf.	03/10/22	3 wks	£35
		30/01/23	3 wks	£35
Get Golf Ready (Improvers)	If you have previous golfing experience or have completed the beginners' course.	07/11/22	3 wks	£35
		06/03/23	3 wks	£35

"I HAD A WONDERFUL TEACHER AND I LEARNT TO PLAY GOLF IN A RELAXED ENVIRONMENT"

Golf student

MASSAGE

Course title	Description	Start date	Length	Fee
Introduction to Swedish Massage	Learn the massage techniques to relieve stress, aches and pains to practise on family and friends.	02/11/22	3 wks	£73
		10/05/23	3 wks	£73
Introduction to Indian Head Massage	Learn the basics of this ancient massage art to practise on family and friends.	01/03/23	3 wks	£73

PILATES

Course title	Description	Start date	Length	Fee
Pilates for Beginners	If you have little or no knowledge of Pilates.	26/09/22	9 wks	£64
Pilates for Improvers	If you have previous Pilates knowledge.	26/09/22	9 wks	£64

Cheryl is a qualified Pilates Mat Instructor with BASI Pilates. She has also attended additional courses and workshops, where she learned how to modify exercises when specific movements or positions are contraindicated for certain injuries and pathologies. Currently, she is halfway through the BASI Global Comprehensive Program. This course is not only expanding her knowledge and experience of Pilates, but will also qualify her to teach clients on the large Pilates equipment such as the Reformer, Cadillac, Spine Corrector, Ladder Barrel and Wunda Chair. Cheryl fell in love with Pilates when she attended her first class over 18 years ago. She is very passionate about the benefits of Pilates, and wishes to encourage others to see how Pilates can help everyone.

MEET THE TUTOR

CHERYL BARLOW



REFLEXOLOGY

Course title	Description	Start date	Length	Fee
Introduction to Reflexology	Learn the basics of foot reflexology techniques. Suitable for use on family and friends.	22/03/23	3 wks	£73

REIKI

Course title	Description	Start date	Length	Fee
Your Feel-Good Toolkit: Reiki for Beginners	Learn, experience and practise Reiki treatments.	26/09/22	9 wks	£126
		30/01/23	9 wks	£126

SLEEP HYGIENE

Course title	Description	Start date	Length	Fee
A Practical Guide to Improving your Sleep	Learn some basic biology on how sleep works, relaxation techniques and lifestyle choices that affect sleep.	28/09/22	9 wks	£126
		01/02/23	9 wks	£126

TAI CHI

Course title	Description	Start date	Length	Fee
Tai Chi for Beginners	Learn the unique Chinese Form of relaxation and movement.	29/09/22	10 wks	£106
		02/02/23	10 wks	£106

WALKING

Course title	Description	Start date	Length	Fee
From Coast to Glens - West	Learn about the Island's Glens and Plantations during beautiful walks in the countryside.	01/10/22	3 wks	£32
From Coast to Glens - Middle		12/11/22	3 wks	£32
From Coast to Glens - South		04/02/23	3 wks	£32
From Coast to Glens - East		18/03/23	3 wks	£32
From Coast to Glens - North		06/05/23	3 wks	£32

WELLBEING

Course title	Description	Start date	Length	Fee
Grief Matters	Learn how to manage emotions to guide you in your healing.	28/09/22	5 wks	£52
Working Mindfully with Pain, Discomfort and Difficult Emotions	Learn how to overcome obstacles and difficulties.	05/10/22	1 day	£14
How to be Happy: An introduction to Mindfulness	Learn how to train yourself to be happier, calmer and kinder.	01/02/23	1 day	£14

Course title	Description	Start date	Length	Fee
Introductory Session to Mindfulness for People Working in Education – dotb-foundations	Learn techniques to help better manage stress and feel calmer. For people working in education.	16/11/22	1 day	£5
Mindfulness for People Working in Education – dotb-foundations		01/02/23	8 wks	£98
The Power of Mindfulness: You are not what you Think	Learn the neuroscience of attention and how we can actively develop positive states of mind.	26/04/23	1 day	£14
Mindfulness in the Workplace	Learn how to respond more skilfully to pressure and challenges.	11/11/22 & 25/11/22	2 days	£91
Introduction to Mindfulness	If you have no knowledge of mindfulness and would like to find out more.	15/10/22	1 day	£17

YOGA

Course title	Description	Start date	Length	Fee
Yoga for Improvers	If you have good knowledge of yoga or are last year's beginners.	27/09/22	18 wks	£158
Yoga for All Abilities	Learn a series of stretching and breathing exercises, combined with deep relaxation which are physically energising and emotionally calming.	29/09/22	18 wks	£158
		04/10/22	9 wks	£94
		05/10/22	9 wks	£94
		31/01/23	9 wks	£94
		01/02/23	9 wks	£94
Yoga for Beginners & Intermediates	Learn gentle yoga positions, breathing, and deep relaxation for optimum health.	27/09/22	18 wks	£188

LANGUAGES

ESOL (ENGLISH FOR SPEAKERS OF OTHER LANGUAGES)

Course title	Description	Start date	Length	Fee
ESOL for Improvers	If you are already working at Entry 2 level.	02/11/22	8 wks	FREE
		25/01/23	8 wks	FREE

FRENCH

Course title	Description	Start date	Length	Fee
French for Beginners	If you have no or little knowledge of French.	28/09/22	9 wks	£126
		01/02/23	9 wks	£126
French Refresher	If you would like to refresh your school-day French.	28/09/22	18 wks	£250

ITALIAN

Course title	Description	Start date	Length	Fee
Italian for Beginners	If you have little or no knowledge of Italian.	27/09/22	18 wks	£250

JAPANESE

Course title	Description	Start date	Length	Fee
Japanese for Beginners	If you have little or no knowledge of Japanese.	01/10/22	10 wks	£140

Yukie is originally from Tokyo and has been living on the Isle of Man for 20 years. She has been a Japanese teacher for over 15 years. "I enjoy teaching at UCM because I meet new people to share experiences with about Japan and Japanese culture". She offers relaxing and fun sessions to learn practical Japanese.



MEET THE
TUTOR

**YUKIE
MARTIN**

PORTUGUESE

Course title	Description	Start date	Length	Fee
Portuguese for Absolute Beginners Part 1	If you have little or no knowledge of Portuguese.	28/09/22	9 wks	£125
Portuguese for Absolute Beginners Part 2		01/02/23	9 wks	£125

SPANISH

Course title	Description	Start date	Length	Fee
Spanish for Beginners Level 1	If you have little or no knowledge of Spanish.	27/09/22	18 wks	£250
Spanish for Improvers Level 2	If you have some Spanish but want to re-visit the basics and extend your grammar and vocabulary in conversation.	28/09/22	18 wks	£250
		29/09/22	18 wks	£250

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