

## **Course title: Chill out! - Relaxation as a tool for personal development and therapy**

**Organization of the course:** The March 7-8 weekend workshop was delivered as scheduled. The third class, which normally comprises student presentations is moved online. A Facebook social learning group is created for the class (Chill out Class 2019/2020), where additional materials are provided, students post their presentations and discuss them in the comments section. Each presentation is scheduled and posted on a separate day.

**Credit:** To obtain credit students need to participate in the weekend workshop, deliver a presentation on the Facebook group, participate/watch other students presentations and provide feedback on them.