

MindEdge Studio

Category and Courses Marketing Kit

Find a new passion or hobby and enrich your life.



www.mindedge.com

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I. Course Summary Descriptions

MindEdge Studio

With visual learning in mind, MindEdge Studio brings you fun, stress-free courses that focus on teaching you lifelong skills like knitting and drawing. Take the time to learn how to enjoy the hobbies you've always wanted to try, but never did. Now is the right time!

MindEdge Studio: Knitting Basics

Knitting is a versatile skill and a rewarding activity, and there is very little that is more satisfying than creating something with your own hands. But getting started without instruction can be discouraging. This course covers the basics of knitting, teaching you how to choose your materials, read knitting patterns, and create several different simple projects. Through a series of videos, an expert knitter will walk you through the basic stitches that are the building blocks for even the most complicated patterns, and you will soon be on your way to knitting with confidence.

Estimated length: 1 hour

Access Time: 90 days

MindEdge Studio: Introduction to Drawing

Drawing is a foundational skill that can aid in the development of other creative pursuits. Painters, architects, woodworkers, gardeners, and designers all benefit from honing their drawing skills. But drawing is also an art form in its own right, and learning how to draw can help unlock one's creative potential. Many benefits associated with drawing include increased focus and relaxation, improved creativity and problem solving, and greater hand-eye coordination. In this course, you'll learn the basics of drawing, including how to practice and implement the basic elements of drawing and how to develop a regular habit of drawing and sketching.

Estimated length: 3.5 hours

Access Time: 90 days

MindEdge Studio: Personal Fitness at Home

The benefits of exercise are numerous, regardless of your age or physical ability. Everyone benefits from regular physical activity. Yet, a common challenge is how to build time for fitness into your daily routine.

This course breaks down key elements and objectives for health, wellness, and exercise that can be done at home. Through a series of videos, an expert personal trainer and wellness professional will discuss the benefits to working out, how to create exercise routines you can perform at home, online tools to assist you with your progress, nutrition, and more.

Estimated length: 1 hours

Access Time: 90 days