

2. Use simple limbering movements to lubricate joints, muscles, ligaments and tendons to keep them healthy. Use equipment and aids to enhance and support varied yoga postures (asanas)
Yoga postures adapted to individual needs and mobility
3. Understand mindfulness and be able to use breath, imagery, sound and bodily sensations to calm the mind.
4. Develop breathing practices (Pranayama)
5. Work towards building their confidence and self esteem.

What teaching methods will be used and will there be work outside of the class?

- You will be expected to carry out a range of activities in your own time
 - Practice at home the postures learnt to support your learning as it would be helpful in improving and maintaining your health. Record your progress in a diary and discuss with your tutor.
- See point 5 above

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions
- Keep weight in check incorporating all that you have learnt during the sessions. Will incorporate ways to reduce their weight through mindfulness eating, stress reduction techniques. Weight will be checked at the beginning, middle and at the end to assess whether they have lost/gained weight.

What else do I need to know? Is there anything I need to bring?

- Nothing else is needed
- All materials will be provided
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

Pre-course work, reading and information sources

- No pre reading or pre course work is required
- No pre reading is required but research on the subject on the internet or in the library may be helpful
- Please visit the tutor's website www.yogasanctuary.org and read the beginners information and frequently asked questions.

Please also visit www.wea.org.uk to learn more about the WEA and familiarise yourself with the organisation.

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>

- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



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