

2. Demonstrate coordination of arms and legs when performing routines (Beginners)
Demonstrate coordination of movements and smooth transitions when performing routines (Improvers)
3. Demonstrate an awareness of some Tai Chi principles (Beginners)
Demonstrate some Tai Chi principles when performing Yang 8 (Improvers)
4. Perform Health Qigong routines using correct postures (Beginners)
Perform Health Qigong routines using correct techniques (Improvers)

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

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor
- Tutor observation and feedback.

Student feedback.

Practice in small groups.

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

- Loose comfortable clothing that you can move in easily.

Comfortable flat shoes.

You may wish to bring a drink with you.

Pre-course work, reading and information sources

- No pre reading or pre course work is required
 - Selection of books relating to Tai Chi is available on Amazon.
- British Health Qigong Federation have stills of the Qigong routines on their website.
Instructional DVDs are available to purchase as well as music only CDs.

Possible next steps after this course including career opportunities if appropriate

- Continue developing practice.
- Progress to Yang 16, then to Yang 24.
Workshops and seminars are held throughout the year for anyone wishing to attend.

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 a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/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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