



2. Perform yoga postures confidently and will have increased my level of fitness.
3. Improved my stature by standing taller & straighter, & they will have improved my balance as well as increasing my flexibility.
4. Have better breathing control & more breathing capacity.
5. Overall this course will have improved my health & wellbeing.

**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
- You may be asked to undertake additional work in your own time to support your learning
  - • For home practice you will be able to look up activities on the internet or in books
- On request, your tutor will be able to provide a range of postures for you to take home & practice in your own time

**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
- A file of work will be kept which will help to record your progress
  - • You will be able to share your thoughts with the group and discuss your learning

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

- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)
- • You will need your own yoga mat or exercise mat to lie on
- You will need to wear loose or comfortable clothing that will allow you to stretch without restriction
- No special footwear required.

**Pre-course work, reading and information sources**

- No pre reading is required but research on the subject on the internet or in the library may be helpful
- On the internet look up Yoga Postures

**Possible next steps after this course including career opportunities if appropriate**

- Progress to another WEA course
- Progress to a course with another provider
- 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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- There is no natural progression from this course, most students continue with this course for many years & continue to improve their yoga experience with this tutor

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](mailto:courseenquiries@wea.org.uk)



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