

self-awareness

5. Use relaxation techniques to relax, manage stress and bring balance to your life.

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
- No work has to be completed but your tutor may ask you to reflect on the weekly themes and how they are relevant to your everyday life. Practicing the simple warm-up exercises regularly in your own time will enhance your experience of the course

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
- The tutor will demonstrate correct alignment of the various poses and may give you feedback allowing you to correct your alignment. This is to prevent strain and to gain the most benefits from the practices

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

- Nothing else is needed
- You may choose to bring a blanket so you can be really comfortable for relaxation

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider
- You could sign up to another yoga course at WEA as each course will vary in content and yoga is an ongoing practice. Many people find that bringing yoga into their lives helps them to bring about positive changes and to achieve other goals

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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