

WEA Course information sheet 2019-20

Course title: Yoga		Course ID: C2524927
Start date: 09/09/2019	End date: 18/11/2019	Day(s)/time(s): Mon 18:00
Number of sessions: 11	Hours per session: 2	Tutor Anne Whitehead
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £77.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Robert Stewart Memorial URC Church, 89 Wingrove Road, Newcastle upon Tyne, Tyne and Wear, NE4 9BU		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> Health and Wellbeing 		

Course Aim

To have a working knowledge of Hatha Yoga and the health benefits this brings.

Course Description

The word Yoga means union of the body, mind and spirit. Hatha Yoga comprises of physical movements that work every area of the body. This is combined with balancing postures, focused breathing and mindful relaxation. All these work together to help the body into its optimal physical state leaving the mind clear and relaxed helping the students achieve their own unique potential.

Do I need any particular skills or experience?

What will I achieve?

By the end of the course I will be able to:

- Identify, name or demonstrate one seated Asana (pose / posture)
- Identify, name or demonstrate one standing Asana (pose / posture)
- Identify, name or demonstrate one balancing Asana (pose / posture)
- Identify, name or demonstrate one breathing / Pranayama practise.

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

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

- You will need to dress in comfortable clothing that is suitable for Yoga practice. Mats and Yoga equipment are provided.

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
- Join the British Wheel of Yoga. Attend other local Yoga courses.

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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