

What will I achieve?

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

1. Demonstrate and practice safely a range of stretches/postures/movement according to individual ability.
2. Research local opportunities, to stay healthy e.g. running/walking groups, gyms, fun runs, charity events, free events.
3. Explain or demonstrate exercises which you find particularly helpful to improve moment/ flexibility/ strength.
4. Research and evaluate digital and technical methods to support staying healthy e.g. fitness apps, online.

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

- Most of your learning will take place in your class, but one or two sessions will be online using WEA's digital learning platform, Canvas, working by yourself or engaging with other students. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- 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 will be offered various levels of yoga poses to suit all individuals.

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor
- The tutor will give guidance throughout the session.

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

- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- Nothing else is needed
- All materials will be provided
- Canvas will provide a few resources for those interested in using this e learning platform.

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
- A higher level of yoga class may be available upon completion of this course.

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



Funded by the West of England Combined Authority



European Union
European Social Fund

The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association,
4 Luke Street, London, EC2A 4XW