

# WEA Course information sheet 2019-20



**Adult Learning  
Within Reach**

<b>Course title:</b> Yoga Meditation for Health & Well Being II		<b>Course ID:</b> C3530934
<b>Start date:</b> 23/11/2019	<b>End date:</b> 23/11/2019	<b>Day(s)/time(s):</b> Sat 10:30
<b>Number of sessions:</b> 1	<b>Hours per session:</b> 2	<b>Tutor:</b> Georgia Daniel
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b>
<b>Fee:</b> £7.30 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Easton Community Centre, Kilburn Street, Bristol, Somerset, BS5 6AW		
<p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.  <b>Employability</b> – helping students to get a job or to make progress in their employment  <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing  <b>Community Engagement</b> – encouraging students to be positively involved in their communities  <b>Culture</b> – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Health and Wellbeing</b>                                      2. <b>Community Engagement</b></p>		

<p><b>Course Aim</b> A gentle yoga class delivered in a relaxed and fun environment</p>
<p><b>Course Description</b> Each session will cover a range of yoga poses (asana's) designed to de-stress, revitalise and relax the body with an emphasis on reducing anxiety, boosting the immune system and improve sleep patterns. This class is for service user's only.</p>
<p><b>Do I need any particular skills or experience?</b></p>
<p><b>What will I achieve?</b> <b>By the end of the course I will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate one breathing techniques for relaxation</li> <li>2. Demonstrate two yoga poses</li> <li>3. State one benefit of yoga</li> <li>4. List two essential oils good for health and wellbeing</li> </ol>
<p><b>What teaching methods will be used and will there be work outside of the class?</b> - The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away</p>

from the course. 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

### **What kind of feedback can I expect from the tutor?**

- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning

### **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
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you
- Please wear comfortable clothing and bring a blanket if you tend to get cold at the end of the session

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

- No pre reading or pre course work is required
- No pre reading is required but research on the subject on the internet or in the library may be helpful

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

- Progress to another WEA course
- Progress to a course with another provider
- There are many yoga sessions in the Bristol area that you can join

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



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