



Yoga postures within your safe limits

Meditation and mindfulness

Relaxation

Psycho-education and discussion

This course is educational and experiential. You will find postures to soothe you and also build strength and flexibility, improve mobility and balance.

### **Do I need any particular skills or experience?**

- No skills or experience needed
- This course is suitable for beginners and improvers
- Students need a level 2 qualification in English to join this course
- All denominations are welcome. This is accessible yoga for all.

### **What will I achieve?**

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

1. You will experience a change in body and mind. You will feel more grounded and will know better how you can help yourself, ie. your self efficacy will improve.
2. You will connect with others. This course is specifically designed to connect people. If we feel connected to others then we feel safer. In modern society a lot of people are experiencing chronic pain due to social isolation
3. You will improve your balance and your coordination during the course. Balances are initially performed with the help of the chair or a wall and then when you are ready you can move away from the support thereby helping you build your confidence and prevent falls.
4. You will breathe better, you will know how breathing affects your mental state. You will know how breathing can be used to slow down your heart rate and lower your stress levels
5. You will gain strength and flexibility and you will take on a different attitude towards your health and wellbeing and you will be more motivated to continue to exercise regularly both during and after the course completes.

### **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
- You will get take home notes each week and you will have access to online videos to support you if you choose to practice at home.

### **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
- You are invited to keep a diary throughout the course but this is not mandatory. Some students like to do this as they find it keeps them focused on their learning and it's very useful insight for me as your tutor as to where I might be able to help you further.

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

- Nothing else is needed
- All materials will be provided
- Please wear loose clothing and you are welcome to bring your own yoga mat if you have one.

### **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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- You can be referred to your local link worker to help and support you on what next and it may be that I arrange monthly meet ups to run through the intervention sequence that is designed for you to continue with beyond the course completion.

### **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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