



- This course is for a group of around 15 students studying in a live video-learning platform conference and an online digital learning environment platform from the comfort of your own home.
- No skills or experience needed
- This course is suitable for beginners and improvers

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

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

1. Explain or demonstrate one warm up exercise
2. Explain or demonstrate one exercise to help with flexibility of the fingers.
3. Explain or demonstrate one breathing / Pranayama practise.
4. Explain or demonstrate how a sitting to standing exercise links to a functional activity such as balance or walking.
5. Explain or demonstrate one relaxation practise.

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

- 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 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
- You will need a chair, preferably without arms, a dining chair would be fine. You'll need a long scarf, a belt or 2 ties knotted together if you don't have a Yoga strap.

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

- Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
- You will have opportunities to discuss your progress with your tutor
- We always discuss alternative moves during the session to either make things easier or to extend the practise.

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

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- 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>
- You'll need a chair, preferably without arms. A dining chair is fine. You'll need a long scarf or a belt or 2 ties knotted together or a pair of tights if you don't have a Yoga strap.

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

- Pre-course reading is required: resources will be made available to you using the WEA's digital learning

platform, Canvas: <http://bit.ly/WEAonline>

- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- Prior to the start of the course you will need to complete the WEA online Pre Exercise Health Questionnaire. You'll need to read the British Wheel of Yoga's Student Guidelines for live online learning - see your Canvas Course for details.

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

- Progress to another WEA course
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- Join the British Wheel of Yoga. Attend local and national 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 most 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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