

Course title: Yoga for All		Course ID: C3678487
Start date: 24/09/2020	End date: 19/11/2020	Day(s)/time(s): Thu 09:15
Number of sessions: 8	Hours per session: 1.75	Tutor Nicola Bailey
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 2
Title of qualification to be gained:		
Fee: £44.80 or Free if you are in receipt of an income related benefit (only SFA funded)		
Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>Theme(s): The WEA has four themes it uses for planning its provision.</p> <p>Employability – helping students to get a job or to make progress in their employment</p> <p>Health and Wellbeing – making a positive contribution to their own or others health and wellbeing</p> <p>Community Engagement – encouraging students to be positively involved in their communities</p> <p>Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Health and Wellbeing 2. Community Engagement</p>		

Course Aim

The course will help to improve your sense of well being and encourage independent practice. We will focus on creating your own relaxing, yoga space, restorative poses, practices that promote a healthy back and finding 'Inner Calm' .

Course Description

Enjoy the practice of Yoga in the comfort of your own home with this online course, benefiting from the guidance of your tutor and staying connected with other students. Yoga improves both your strength and flexibility, many practices are linked with the breath, helping to calm the mind. We will focus on gentle stretches to ease stiffness, a variety of postures and sequences, breathing practices and relaxation. This course will focus on exploring Restorative positions, promoting a healthy back and simple meditation.

Do I need any particular skills or experience?

What will I achieve?

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

1. Create my own, relaxing yoga space and make use of the props available to me in my own home.
2. Develop my own independent practice.
3. Confidently practice a range of exercise and poses that promote a healthy back.

4. Experience a sense of 'Inner Calm' through simple meditation practices.
5. Improve my sense of well being through restorative practices.

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>
- 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 may be asked to undertake additional work in your own time to support your learning

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
- Guidance and support will be provided during your Zoom Class - modifications will be provided so that everyone can practice at the right level for them.

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>
- Yoga Mat and a block if you have one. Have a blanket, some cushions/ pillows too!

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>

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



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