

Course title: Yoga: Beginners and Intermediates - Online with Faye Greening		Course ID: C3531636
Start date: 05/11/2020	End date: 10/12/2020	Day(s)/time(s): Thu 09:00
Number of sessions: 6	Hours per session: 1.5	Tutor Rebecca Greening
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
Fee: £28.80 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. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p>		
The Theme(s) used in planning your course is/ are:		
<ol style="list-style-type: none"> 1. Health and Wellbeing 2. 		

Course Aim

Introduction to Yoga and mindfulness for physical and emotional wellbeing.

A series of classes that builds strength, flexibility and body awareness with a mindful, engaged approach. Also includes relaxation exercise, breath-work and meditation.

Course Description

This course is fully online accessing the course through Canvas our virtual learning environment and zoom a video conferencing software. You will need, reliable internet connection and internet-linked device with camera and microphone.

We will email you links to canvas, please accept these to access the course, the sender will show as "instructure".

This course will be an introduction to yoga, mindfulness, pranayama (breathing practices) and meditation. We will use postures to explore embodiment, deep relaxation to let go of muscular tension and stress, use breath work to calm the mind and begin to explore meditation.

Do I need any particular skills or experience?

- You will need your own personal email address so that you're able to login to the WEA's digital learning platform: WEA Canvas. You will need to be able to understand how to follow URL links to pages on the internet. If you want to understand more about Canvas please visit:

<http://bit.ly/WEAonline>

- You will need to be able to follow links to join our WEA live video learning platform: WEA Zoom. If you'd like to understand more about our video learning platform, Zoom please visit:

<http://bit.ly/WEAonline> and <http://bit.ly/ZoomSpec>

- 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
- This course will include floor, seated and standing poses. To access this course you would need to be able to get up and down from the floor.

What will I achieve?

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

1. Improve my ability to relax
2. Increase my flexibility and strength
3. Have an understanding of and ability to use mindfulness for physical and emotional wellbeing

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>

- You may be asked to undertake additional work in your own time to support your learning
- The class will be delivered via zoom and participants will need to be connected to zoom using camera and microphone. Participants will also need a space at home that is quiet, preferably undisturbed with plenty of space for a mat.

What kind of feedback can I expect from the tutor?

- You will be able to keep a record of your progress and achievement using photos, audio, text or documents uploaded into the WEA's digital learning platform, WEA Canvas.
- You will have opportunities to discuss your progress with your tutor
- A file of work will be kept which will help to record your progress

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>

- Bring a yoga mat if you have one or are able to acquire one. Please also bring a blanket for extra warmth during deep relaxation. Wear loose comfortable clothing and have water handy in case you get thirsty. Yoga is better on an empty stomach. Try to avoid a large meal before class.

Pre-course work, reading and information sources

- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- 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>
- Use your new skills to continue a personal practice of daily yoga, mindfulness and meditation.

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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