

WEA Course information sheet 2020-21

Course title: Sivananda Yoga - With Faye Greening		Course ID: C3531990
Start date: 12/01/2021	End date: 09/02/2021	Day(s)/time(s): Tue 11:00
Number of sessions: 5	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: £24.00 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> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> Culture Education 		

Course Aim

An introduction to a traditional Sivananda yoga class.

Course Description

We will be following a traditional Sivananda yoga class. This comprises of pranayama (breathing exercises), asanas (postures) and relaxation. The Sivananda style of yoga is one of the most traditional systems of yoga. The Sivananda practice is deeply rooted in classical yoga coming from a lineage of great yogis from India. Swami Vishnudevananda (1927 – 1993) developed this system and named it after his guru Swami Sivananda (1887 – 1963). There is a core sequence that includes a balanced set of 12 postures, we will go through these in detail. This course is a fully online with no physical meeting space, accessing the course through Canvas our virtual learning environment and zoom a video conferencing software.

Do I need any particular skills or experience?

What will I achieve?

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

- do a sun salutation sequence
- understand what pranayama is
- realise the importance of relaxation in the yoga practice

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
- The tutor will guide you through a yoga sequence for you to follow.

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor
- The tutor will observe you in the class and give you feedback as necessary.

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 will need your own yoga mat.

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
- 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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