

WEA Course information sheet

2020-21

Course title: Chair Based Yoga		Course ID: C2526346
Start date: 28/01/2021	End date: 25/03/2021	Day(s)/time(s): Thu 09:00
Number of sessions: 9	Hours per session: 1.5	Tutor: Anne Whitehead
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £38.70 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		
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 The Theme(s) used in planning your course is/ are: 1. Health and Wellbeing 2.		

Course Aim

To provide a Chair Based Yoga programme for beginners and less active people in order to maintain and / or promote balance, mobility, independence and hopefully decrease the risk of falling

Course Description

Join us for this friendly and supportive course from the comfort of your own home. Ideal for beginners and less active people, this is a great way to ease into exercise. Physical activity and exercise are a recognised intervention in helping to increase balance, mobility, reaction times, muscle strength and general wellbeing. As a consequence the risk of falling is greatly reduced. Chair based Yoga is a very safe, gentle and effective way to maintain and promote mobility and independence in older people. There will be a particular focus on breathing practises and relaxation. Everyone can take part even those with very restricted mobility.

Do I need any particular skills or experience?

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 balancing Asana (pose or posture).
3. Explain or demonstrate one breathing / Pranayama practise.
4. Explain or demonstrate one seated Asana (pose or posture).

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 or a dressing gown belt if you don't have a Yoga strap. You will need a cushion and a blanket. You may need a thick book if you don't have a Yoga block

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 dressing gown belt if you don't have a Yoga strap. You will need a cushion and something warm like a blanket for the relaxation.

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



Education & Skills
Funding Agency



The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW