

WEA Course information sheet 2020-21



Adult Learning
Within Reach

Course title: Yoga		Course ID: C2344422
Start date: 11/01/2021	End date: 01/03/2021	Day(s)/time(s): Mon 14:15
Number of sessions: 7	Hours per session: 2	Tutor: Gillian Gee
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Entry 1
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. 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> <p>1. Health and Wellbeing 2.</p>		

<p>Course Aim</p> <p>To enable the individual to experience Yoga techniques with guidance for the development of Mind/Body Harmony, the course will include the practice of asana, breathing, relaxation and concentration techniques.</p> <p>This course will be provided via Zoom</p>
<p>Course Description</p> <p>A Yoga course consisting mainly of practical work on movements and Yoga Asanas with Breathing techniques integrated. Each session will include a Relaxation practice and depending on the theme a Concentration technique. There will be repetition of some asana and techniques for recognition of Yoga practices, to encourage development of a home Yoga practice. A variety of Asana and techniques will be included to maintain interest, with different Yogic philosophical concepts introduced. Safety will be emphasised throughout each session enabling the individual to maintain and improve flexibility and strength, with confidence.</p>
<p>Do I need any particular skills or experience?</p>
<p>What will I achieve?</p> <p>By the end of the course I will be able to:</p> <p>1. Perform various movements and Yoga Asanas in each session to maintain and develop overall flexibility employing the Yogic concept of Ahimsa, non-harm.</p>

2. Employ techniques to improve control of the respiratory system within the class environment and for safe home practice.
3. Identify then reduce tension throughout the whole body to increase a sense of general well being.
4. Evaluate the effects of concentration/meditation techniques experienced and describe the relevance and benefits of a focused mind.
5. Recall aspects of Yoga philosophy included in the course, which supports the physical practice of Yoga.

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

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor

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>
- Please have a Yoga Mat and Wear Loose Comfortable Clothing

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
 - Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
 - Development of Home Practice will be encouraged, Hand-outs will be supplied
- Details about attendance of Yoga events and courses will be discussed.
Attend another WEA Yoga Course.

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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