

be opportunities to take part in discussions and chats. If you'd like to know how to use Zoom please visit: <http://bit.ly/ZoomSpec>

- No skills or experience needed
- This course is suitable for beginners and improvers
- the course is for everyone however if you have any questions / concerns please email Rebecca at rrowan@wea.org.uk

What will I achieve?

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

1. identify / demonstrate 1 - 3 yoga poses
2. give 1-3 benefits of yoga poses
3. give 1- 5 benefits of eating healthy food
4. give 1 example of a yogic breathing practice and its personal benefits
5. 1-5 benefits of Shavasana (the lying down pose)

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
- You may be asked to undertake additional work in your own time to support your learning
- the tutor may suggest activities to do away from the sessions which are all optional

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.
- Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions
- A file of work will be kept which will help to record your progress
- the main purpose of the course is to engage the whole family. To improve health and wellbeing / interacting through learning and fun.

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 also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer (at home or through a library etc.).
 - It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)
 - you might like to invest in yoga mat /s.
- if not try to make sure do yoga poses on a non-slippery floor.

If wearing socks make sure they are non slip.

Bring a blanket and cushions too.

Treasa will suggest additional equipment the week before such as a small ball, or belt / tie/ scarf.

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 is required but research on the subject on the internet or in the library may be helpful

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Pop over to facebook and join our friendly Facebook site Families Get Active York, everyone is welcome even if you are not in York

Our project co-ordinator will be in touch to talk you through a simple survey from Sport England which you can access online

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course

- Progress to a course with another provider

- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>

- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member

- Become involved as a volunteer for a WEA partner or another organisation

- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>

- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

- the beauty of yoga is its ability to open ourselves to trust and take the next step.
building confidence and adventure

Feel free to join our Families Get Active York facebook group even if you are not living in the area there are plenty of tips and advice to get your families more active

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



European Union
European Social Fund

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