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Meeting One (Feb 2019)	Meeting Two (March 2019)	Meeting Three (April 2019)	Meeting Four (May 2019)
<p>1.1b Student Micro teaching Practice to Parighasana (18) Class and Asana Review</p> <p>Kappalabhati Class Practice</p> <p>Pranayama: The use of ratios</p> <p>Carolyn 2.2 TP</p>	<p>Prana & the Vayus with reference to contemporary & classical texts, and special reference to Prasna Upanishad</p> <p>Vayus Practical</p> <p>Tutor Led 45 mins asana practice, highlighting essential elements of lessonplanning</p>	<p>Review: Incorporating pregnant students into our regular classes</p> <p>Scheme of Work & Course Plan: Theory & Practical (1)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (1)</p>	<p>Kriyas: The Theory – With reference to the Ayurvedic concept of disease</p> <p>Student & Tutor Exploration of Asana: Natarajasana (2)</p> <p>Kriyas: The Practice (1) tratakem Eyes exercises & Simhasana</p>
Lunch	Lunch	Lunch	Lunch
<p>Pranayama Techniques Practical (2): The Eight Kumbhakas</p> <p>Guidelines and Allocation of Student Teaching Practices of Pranayama, Kriya, Mudra and Bandha</p> <p>1.1b Student Micro teaching Practice to Chaturangadandasana (18) Class and Asana Review</p> <p>Introduction to 'Part 2 ' Assessments on Units 4, 5 & 6: Note assessment choices for 6.1 and 6.2</p>	<p>Subtle Anatomy & Physiology:</p> <p>Pancha Koshas</p> <p>Nadis & Chakras</p> <p>Chakras practical</p> <p>Jessie 2.2 TP</p>	<p>Scheme of Work & Course Plan: Theory & Practical (2)</p> <p>Student & Tutor Exploration of Asana: Dhanurasana (1)</p> <p>Thinking ahead: Discussion of 4.2 Detailed Lesson plan from Course Plan; New PLRE; Timings of ACTs</p>	<p>Kriyas: The Practice (2) neti, nauli & jhiva sodhana</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (2)</p> <p>Student & Tutor Exploration of Asana: Ardha Chandrasana (3)</p>
Home Study	Home Study	Home Study	Home Study
<p>Prepare for Part 2 student & tutor exploration of asana</p> <p>Tutor write up comments for 3.1</p> <p>Complete 5.1</p>	<p>Primary considerations for 4.1 Course</p>	<p>Start 4.1 SOW & Course Content</p>	<p>Continue to work on SOW & Course Content</p> <p>Start 4.2 Detailed Lesson Plan</p>

Preparation for Learning Outcomes:	Preparation for Learning Outcomes:	Preparation for Learning Outcomes:	Preparation for Learning Outcomes:
<p>3.2.1. Apply relevant minimum core specifications in literacy, language, numeracy and ICT in their planning and delivery of teaching, in their research and record keeping as appropriate to Yoga.</p> <p>6.3.1. Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga</p> <p>6.3.2. Describe the theory, practice and teaching of the chosen aspect with areas for caution</p> <p>6.4.1. Review the effects of an established practice of Pranayama either from personal experience or from review of Yoga texts</p> <p>6.4.2. Plan a session of Pranayama appropriate to the needs of students</p> <p>6.4.3. Teach a Pranayama, with or without prolonged retention but observing all four stages of breathing and either a Kriya, Mudra or Bandha</p> <p>6.4.4. Give purpose, and effects of the chosen practice, distinguishing between esoteric and physical effects and stating areas for caution, if any.</p>	<p>6.2.1. Explain in detail aspects of Prana, the Pranic System or the Pancha Maya Kosha</p> <p>6.3.1. Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga</p>	<p>4.1.1 Apply own role and responsibility as a Yoga teacher</p> <p>4.1.2 Identify, adapt and use relevant approaches to teaching and learning in planning and delivery of Yoga classes and courses</p> <p>4.1.3 Evaluate the teaching and learning approaches for a specific session</p> <p>4.2.1 Recognise and use appropriate methods of initial and ongoing assessment in Yoga</p> <p>4.3.1 Plan teaching and learning sessions which meet the identified needs of individual learners</p> <p>4.3.2 Evaluate how the planned sessions meet the needs of the students.</p> <p>4.3.3 Choose the appropriate resources for a specific session</p> <p>4.4.1 Devise a scheme of work that meets learners' needs</p> <p>4.4.2 Devise session plans which meet the aims and needs of individual learners and/or groups</p> <p>4.4.3 Identify and include ways in which session plans can be adapted to the individual needs of learners</p> <p>4.4.4 Plan the appropriate use of a variety of teaching methods (for instance theory, practice, verbal explanation/talk through, demonstration, reflection during rest/relaxation) justifying the choice.</p> <p>4.4.5 Identify opportunities for learners to provide feedback to inform teaching</p> <p>7.2.1. Consider and discuss a central theme from the Bhagavad Gita or the Upanishads.</p>	<p>6.3.1. Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga</p> <p>6.3.2. Describe the theory, practice and teaching of the chosen aspect with areas for caution</p>

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Meeting Five (June 2019)	Meeting Six (July 2019)	Meeting Seven (August 2019)	Meeting Eight (Sept 2019)
<p>Mudras: Theory & Practice</p> <p>Student & Tutor Exploration of Asana: Gomukhasana (4)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (3)</p>	<p>Kundalini & the Granthis</p> <p>Student & Tutor Exploration of Asana: Parsvottanasana (5)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (5)</p>	<p>Student & Tutor Exploration of Asana: Marichyasana 3 (6)</p> <p>Progression through the practices of pranayama, mudra and bandha</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (7)</p>	<p>Pranayama Diary Discussion</p> <p>Student & Tutor Exploration of Asana: Matsyasana (8)</p> <p>Neck Exercises (Sarvangasana)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (9)</p> <p>Reviewing 'The Hotspots': The inherently vulnerable areas of the body & Cautions</p>
Lunch	Lunch	Lunch	Lunch
<p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (4)</p> <p>Class discussion on how we can teach aspects of subtle anatomy & physiology to our classes: Guidelines for 6.1</p> <p>Available slot</p>	<p>Bandhas: Theory & Practice</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (6)</p> <p>Discussion of several quotes regarding pranayama within contemporary & classical texts.</p> <p>Guidelines for Pranayama Diary</p>	<p>Pranayama Diary Discussion</p> <p>SOW & ACT discussion</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (8)</p> <p>Student & Tutor Exploration of Asana: Ardha Matsyendrasana (7)</p>	<p>Reviewing 'The Hotspots': The inherently vulnerable areas of the body & Cautions</p> <p>Student Teaching of Pranayama, Kriya, Mudra and Bandha (10)</p> <p>Tutor led exploration of Sirsasana</p>
Home Study	Home Study	Home Study	Home Study
<p>Complete SOW & Course Content & 4.2 Detailed Lesson Plan</p>	<p>Start 6.1 Prana & Pranic System Pranayama Diary Month 1</p>	<p>Continue 6.1 Prana & Pranic System Pranayama Diary Month 2</p>	<p>Complete 6.1 Prana & Pranic System Pranayama Diary Month 3</p>
Preparation for Learning Outcomes:	Preparation for Learning Outcomes:	Preparation for Learning Outcomes:	Preparation for Learning Outcomes:
6.3.1. Explain in detail a central aspect	6.2.1. Explain in detail aspects of Prana,	4.3.1 Plan teaching and learning sessions	1.1.4. Explain areas of caution applied

<p>of the energetic or purificatory nature of Hatha Yoga</p> <p>6.3.2. Describe the theory, practice and teaching of the chosen aspect with areas for caution</p> <p>7.3.1. Explain how to integrate a philosophical principle into the teaching of a general Yoga class.</p> <p>7.4.1. Consider how to include principles at a level appropriate to individual learners and/or the group.</p> <p>7.4.2. Consider how to interpret philosophical principles in a way that is relevant and appropriate to individual learners and/or the group.</p> <p>7.5.1. Describe or demonstrate how to weave a principle of Yoga into general class teaching.</p>	<p>the Pranic System or the Pancha Maya Kosha</p> <p>6.2.2. Explain how to introduce aspects of Prana, the Pranic system or the Pancha Maya Kosha in Yoga class teaching</p> <p>6.3.1. Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga</p> <p>6.3.2. Describe the theory, practice and teaching of the chosen aspect with areas for caution</p> <p>6.4.1. Review the effects of an established practice of Pranayama either from personal experience or from review of Yoga texts</p> <p>6.4.4. Give purpose, and effects of the chosen practice, distinguishing between esoteric and physical effects and stating areas for caution, if any.</p>	<p>which meet the identified needs of individual learners</p> <p>4.4.5 Identify opportunities for learners to provide feedback to inform teaching</p> <p>6.3.1. Explain in detail a central aspect of the energetic or purificatory nature of Hatha Yoga</p> <p>6.3.2. Describe the theory, practice and teaching of the chosen aspect with areas for caution</p> <p>6.4.1. Review the effects of an established practice of Pranayama either from personal experience or from review of Yoga texts</p> <p>6.4.4. Give purpose, and effects of the chosen practice, distinguishing between esoteric and physical effects and stating areas for caution, if any.</p>	<p>to the teaching of specific postures</p> <p>1.2.1. Demonstrate examples of warming and mobilising</p> <p>1.2.2 Choose preparatory movements according to principles of posture analysis, to prepare the body for main postures</p> <p>1.4.1. Explain and demonstrate how a posture may be taught in stages</p> <p>1.4.2. Explain the use of a teaching resource</p> <p>5.2.1. Identify areas of vulnerability in specific postures</p> <p>5.2.2. Explain the nature of the vulnerability</p> <p>5.2.3. Give teaching points to protect these areas</p> <p>5.2.4. Suggest appropriate modifications or props to assist students</p> <p>5.2.5. Demonstrate application of principles in teaching</p> <p>6.4.1. Review the effects of an established practice of Pranayama either from personal experience or from review of Yoga texts</p>
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Meeting Nine (October 19)	Meeting Ten (November 19)	Meeting Eleven (December 19)	
<p>Pranayama Diary Discussion</p> <p>Student & Tutor Exploration of Asana: Virabhadrasana III (9)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (11)</p> <p>Review of Hatha Yoga</p> <p>Hatha Yoga Market Place Game</p>	<p>Student & Tutor Exploration of Asana: Parivritti Trikonasana (11)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (14)</p> <p>The Astika Darshana</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (15)</p>	<p>Tutor led presentation of Non-duality and Brahman (Shetashvatara Upanishad)</p> <p>Student & Tutor Exploration of Asana: Janusirsasana (13)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (17)</p> <p>Tutor led presentation of the Nature of the Self (Chandogya Upanishad)</p>	
Lunch	Lunch	Lunch	
<p>Guidelines for 6.2 HYP Assignment</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (12)</p> <p>Student & Tutor Exploration of Asana: Urdhva Mukha Svanasana (10)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (13)</p>	<p>An Introduction to the Upanishads</p> <p>Student & Tutor Exploration of Asana: Halasana (12)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (16)</p> <p>Om & The Four States of Consciousness: Theory & Practice (Mandukya Upanishad)</p>	<p>Tutor led presentation of Karma & Reincarnation (Brihadaranyaka Upanishad)</p> <p>Student & Tutor Exploration of Asana: Bakrasana (14)</p> <p>6.3 Student Teaching of Pranayama, Kriya, Mudra and Bandha (18)</p> <p>8.2 ACT Guidelines given</p>	
Home Study	Home Study	Home Study	
<p>Start 6.2 HYP</p>	<p>Continue 6.2 HYP</p>	<p>Complete 6.2 HYP</p> <p>Complete all outstanding assignments from Part Two</p>	
Preparation for Learning Outcomes:	Preparation for Learning Outcomes:	Preparation for Learning Outcomes:	
6.1.1. Describe the principles of Hatha	7.2.1. Consider and discuss a central	7.2.1. Consider and discuss a central	

<p>Yoga with reference to the Hatha Yoga Pradipika.</p> <p>6.4.1. Review the effects of an established practice of Pranayama either from personal experience or from review of Yoga texts</p>	<p>theme from the Bhagavad Gita or the Upanishads.</p>	<p>theme from the Bhagavad Gita or the Upanishads.</p> <p>8.3.1 Demonstrate in teaching the ability to teach either a posture or variation of posture for the more physically able, or subtle teaching points to encourage specific focus or awareness according to the needs of the group/individual learners.</p>	
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