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| **Month**  **Teaching**  **7.3** | **Candidate Name** | **7.3 Teaching Meditation**  **Techniques to be taught** | Set in  Home  Study | **L P**  1st  Review  Date | **L P**  Final Review  Date |
| 1) Meeting 2  April | **Gillian**  **Lewis** | Kaya Sthairyam  Awareness of Seated Position | Feb 18 | - | Mar 18 |
| 2) Meeting 2  April | **Alison Cheshire** | Antar Mouna stage 1:  Awareness of sensory experience | Feb 18 | - | -Mar 18 |
| 3) Meeting 3  May | **Lucy**  **Reynolds** | Antar Mouna stage 2:  Awareness of thought | Feb 18 | Mar 18 | Apr 18 |
| 4) Meeting 3  May | **Katie**  **Ashmore** | Meditation on the Breath | Feb 18 | Mar 18 | Apr 18 |
| 5) Meeting 4  June | **Michelle Hudson** | Breathing from the outer into the inner space of the lungs | Mar 18 | Apr 18 | May 18 |
| 6) Meeting 4  June | **Rod**  **Beaumont** | Choiceless Awareness | Mar 18 | Apr 18 | May 18 |
| 7) Meeting 4  June | **Antonia**  **Kirkby** | Chankramanam  Walking Meditation | Mar 18 | Apr 18 | May 18 |
| 8) Meeting 5  July | **Angela**  **Bolland** | Tratakem  Candle Gazing, internal & external | Apr 18 | May 18 | June 18 |
| 9) Meeting 5  July | **Hajnal**  **Huszti** | Heart Meditation | Apr 18 | May 18 | June 18 |
| 10) Meet. 6 August | **Lisette**  **Zwart** | Flower meditation | May 18 | June 18 | July 18 |
| 11) Meet. 6 August | **Amanda**  **O’Mahoney** | Turning Breath Meditation | May 18 | June 18 | July 18 |
| 12) Meet. 7 Sept | **Donna**  **Shannon** | Bhuchari Mudra Meditation | June 18 | July 18 | Aug 18 |
| 13) Meet. 7 Sept | **Callie**  **Meakin** | Mantra Meditation | June 18 | July 18 | Aug 18 |
| 14) Meet. 8 October | **Jill**  **Jones** | Yantra Meditation | July 18 | Aug 18 | Sept 18 |
| 15) Meet. 8 October | **Gail**  **Shakespeare** | Chidakasha Meditation | July 18 | Aug 18 | Sept 18 |
| 16) Meet. 8 October | **Sylvie**  **Ball** | Nada Meditation | July 18 | Aug 18 | Sept 18 |
| 17) Meet. 9 November | **Helen**  **Fenton** | Anatarakasha Meditation | Aug 18 | Sept 18 | Oct 18 |
| 18) Meet. 9 November | **Bea**  **Middlehurst** | Meditation on Gratitude | Aug 18 | Sept 18 | Oct 18 |

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| **Part Two written assignments dates** | | |
| **7.1 Upanishads & B.G** | Set: March 18 (Mt 1) | Final Review Date: May 18 (Mt 3) |
| **7.2 a) YSP** | Set: July 18 (Mt 5) | Final Review Date: Nov 18 (Mt 9) |
| **7.2 c) YSP** | Set: Dec 15 (Mt 6) | Final Review Date: Nov 18 (Mt 9) |
| **7.2 b) YSP** | Set: Aug 18 (Mt 7) | Final Review Date: Nov 18 (Mt 9) |
| **7.2 d) YSP** | Set: Oct 18 (Mt 8) | Final Review Date: Nov 18 (Mt 9) |
| **8.1 Progression in Yoga WS** | Set: June 18 (Mt 4) | Final Review Date: Nov 18 (Mt 9) |

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| **8.2 Teaching Subtlety**  Set: May 18 (3) | **To be taught: June 18 (Mt 4) x4**  Amanda O’Mahoney  Jill Jones  Callie Meakin  Lisette Zwart | **To be taught: July 18 (Mt 5) x4**  Alison Cheshire  Donna Shannon  Sylvie Ball  Gillian Lewis |
|  | **To be taught: Aug 18 (Mt 6) x5**  Antonia Kirkby  Hajnal Huszti  Bea Middlehurst  Helen Fenton  Katie Ashmore | **To be taught: Sept (Mt 7) x5**  Lucy Reynolds  Gail Shakespeare  Rod Beaumont  Angela Bolland  Michelle Hudson |
| **8.4 ACT** | Guidelines given Mt 2 April 18  To be done by end of October 18 | |