|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Month****Teaching****7.3** | **Candidate Name** | **7.3 Teaching Meditation****Techniques to be taught** | Set in HomeStudy | **L P** 1st ReviewDate | **L P** Final ReviewDate |
| 1) Meeting 2April | **Gillian** **Lewis** | Kaya Sthairyam Awareness of Seated Position | Feb 18 | - | Mar 18 |
| 2) Meeting 2April | **Alison Cheshire** | Antar Mouna stage 1:Awareness of sensory experience | Feb 18 | - | -Mar 18 |
| 3) Meeting 3May | **Lucy** **Reynolds** | Antar Mouna stage 2:Awareness of thought | Feb 18 | Mar 18 |  Apr 18 |
| 4) Meeting 3May | **Katie** **Ashmore** | Meditation on the Breath | Feb 18 | Mar 18 |  Apr 18 |
| 5) Meeting 4June | **Michelle Hudson** | Breathing from the outer into the inner space of the lungs  | Mar 18 | Apr 18 | May 18 |
| 6) Meeting 4June | **Rod****Beaumont** | Choiceless Awareness | Mar 18 | Apr 18 | May 18 |
| 7) Meeting 4June | **Antonia** **Kirkby** | ChankramanamWalking Meditation | Mar 18 | Apr 18 | May 18 |
| 8) Meeting 5July | **Angela****Bolland** | TratakemCandle Gazing, internal & external | Apr 18 | May 18 | June 18 |
| 9) Meeting 5July | **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 |

|  |
| --- |
| **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) |

|  |  |  |
| --- | --- | --- |
| **8.2 Teaching Subtlety**Set: May 18 (3) | **To be taught: June 18 (Mt 4) x4**Amanda O’Mahoney Jill JonesCallie MeakinLisette Zwart | **To be taught: July 18 (Mt 5) x4**Alison CheshireDonna ShannonSylvie BallGillian Lewis |
|  | **To be taught: Aug 18 (Mt 6) x5**Antonia KirkbyHajnal HusztiBea MiddlehurstHelen FentonKatie Ashmore | **To be taught: Sept (Mt 7) x5**Lucy ReynoldsGail ShakespeareRod BeaumontAngela BollandMichelle Hudson |
| **8.4 ACT** | Guidelines given Mt 2 April 18To be done by end of October 18 |