

This month’s tasks:

* Donna to teach her pranayama teaching practice 6.3 at our next meeting on 5th October so please send me your lesson plan asap. Anita, Mandy & Elizabeth to teach their pranayama teaching practices 6.3 for the meeting on 2nd November so please send your first lesson plans by the next meeting. Please use the usual proforma lesson plan and refer to the guidelines given already for this 6.3 teaching practice, and do feel free to ask me if you would like some help.
* Phil & Elizabeth to get ready to teach their asana practice leading to Marichyasana & Ardha Matsyendrasana respectively on 5th October. Anne to teach the asana practice leading to Garudasana for our following meeting on 2nd November.
* Everyone to complete the first draft of 6.1 Prana & The Pranic System. Please refer to the guidelines emailed which contain information on the content of this assignment as well as how to structure it. Do refer to your copy of the HYP as much as you can, as well as researching more widely. This is to be formally assessed and the first draft must be ready for the first review by our October meeting so please start to work on this asap. **If you still have the SOW and 4.2 detailed lesson plan to complete then give these priority and complete this new assignment just as soon as you can.**
* Please start to think about your **assessed class teaching practice (ACT)** and if you have a date in mind then let me know so it can be put in a diary. Remember the ACTs should be done between now and the end of November, the sooner the better.
* Do read through the handouts from the day and please start or continue with your pranayama diary!
* See you again on 5th October.

Remember you are welcome to contact me at home if you have any questions. Emailing me is always best when possible.

Yr Ogof

Mynydd Mechell

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