

This month’s tasks:

* Anita, Mandy & Elizabeth to teach their pranayama teaching practice 6.3 at our next meeting on 2nd November so please send me your lesson plan asap. Pippa to teach her pranayama teaching practices 6.3 for the meeting on 7th December 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.
* Anne to teach the asana practice leading to Garudasana on 2nd November. Donna and Imogen to teach their asana practice in our following meeting on 7th December.
* Everyone to complete the assignment 6.1 Prana & The Pranic System. Please refer to the guidelines given and get this completed by the next meeting so you stay in a good position and assignments are not stacking up!
* Please let me have your date for the **assessed class teaching practice (ACT)** so I can put it in my diary. Remember the ACTs should be done between now and the end of November/early December, the sooner the better.
* Do read through the handouts from the day and please continue with your pranayama diary!
* This is the busiest time of the course so do your very best and you are welcome to contact me if you have any questions or concerns.
* See you again on 2nd November.

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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