

This month’s tasks:

* Pippa & Donna to teach their pranayama teaching practice 6.3 at our next meeting on 7th December so please send me your lesson plan asap. Cath & Alison to teach their pranayama teaching practices 6.3 for the meeting on 1st February 2015 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.
* Mark to teach the asana practice leading to Matsyasana on 1st February. David & Anita to teach their asana practice in our following meeting on 1st March 2015.
* Everyone to complete all outstanding assignments to include:
	+ 4.1 Scheme of Work & 4.2 Detailed Lesson Plan based on one week
	+ 6.1 Prana & The Pranic System
	+ 6.4 Pranayama Home Diary (front sheet & dairy itself)

 Please send these to me asap!

* 6.2 The Hatha Yoga Pradipika. For those who are up to date with their assignments please refer to the guidelines given and start this assignment. You will have Nov/Dec/Jan to complete this assignment. It is always best to start as soon as you can however so that things are still fresh in your mind.
* I look forwards to meeting you for your ACTs, just to remind you to bring along a cheque for £100 on the day.
* This is still part of 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 7th December.

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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