

This month’s tasks:

* I look forward to seeing you again on 1st March 2015 when Rosemary Bennett, the course verifier, will be coming for the day. **This means you will need to arrive for 9.30am next time.**
* Cath & Pippa to teach their pranayama teaching practice 6.3 at our next meeting on 1st March 2015 so please send me your lesson plan asap if you have not done so already.
* Pauline & Cheryl to teach their pranayama teaching practices 6.3 for the following meeting on 29th March 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.
* Donna may teach the asana practice leading to Natarjasana on 1st March, depending on the verifier’s timetable for the day, i.e. we will probably need to include discussion so may have to do it later instead . David & Anita to teach their asana practice in our following meeting on 29th 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
  + 6.2 Hatha Yoga Pradipika Assignment
  + 6.4 Pranayama Home Diary (front sheet & dairy itself)

Please send these to me asap, do not wait!

* 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, especially if need any help with outstanding assignments.

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

Yr Ogof

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