

This month’s tasks:

* I look forward to seeing you again on the **29th March 2015.**
* Pauline & Cheryl to teach their pranayama teaching practice 6.3 at our next meeting on 29th March 2015 so please send me your lesson plan asap if you have not done so already.
* David & Anne to teach their pranayama teaching practices 6.3 for the following meeting on 3rd May 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.
* David & Anita to teach their asana practice in our following meeting on 29th March 2015. Louise & Gina to get ready to teach their asana practice on 3rd May.
* 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!

* Start the 5.1 Vulnerable areas worksheet if you have completed previous assignments. This is the last of the Part 2 assignments. Please refer to the guidelines emailed to you.
* Finally please check you are up to date wih your **supporting documents** for Part 2 i.e
	+ class attendence sheet signed (if it is blocks of classes you do not need to give each class, just give the span of time)
	+ events attended sheet
	+ 15 hours worth of PLREs for classes taught. If you want to also give a record of classes taught for completion then you can do so.

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

Isle of Anglesey

LL68 0TE

Tel: 01407 710347 (home)

Mobile: 07757 914089

Email: sarah.deva@yahoo.co.uk