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Your tasks:

* **Everyone:** Please start assignment **S2 Stress, Breath & Relaxation** using the assignment guidelines provided. You will also need to refer to the ‘Student Written Guidelines’ Sheet to see how you must organise this assignment. You can simpl read through the guidelines but to help orientate you to the written guidelines sheet a short video will be sent very soon in case you need it. This assignment is to be completed by our meeting 14 on 5th December at the latest.
* **Assessment** **F2 & F3 Basic Breathing & Relaxation Micro Teaching Practice** – all of the remain practice times are given below:

**Paula** toprepare her lesson plan & script to email to me by meeting 11 on 5th September for feedback, to teach at meeting 12 on 3rd October.

**Stacey** toprepare her lesson plan & script to email to me by meeting 12 on 3rd October for feedback, to teach at meeting 13 on 7th November.

**Jackie** toprepare her lesson plan & script to email to me by meeting 13 on 7th November for feedback, to teach at meeting 14 on 5th December

**Hazel** toprepare her lesson plan & script to email to me by meeting 13 on 7th November for feedback, to teach at meeting 14 on 5th December

Amanda

Ruth

Please read through the assessment criteria for the teaching practice which is on our website

(website details below).

* **Assessment** **S3 Posture Profile**

**Jackie** to get her S3 Posture Profile to me as soon as possible.

**Jeanette** to complete her S3 Posture Profile so there is time to create the lesson plan before teaching the class at meeting 14 on 5th December.

* **Assessment F1 Asana Micro Teaching Practice Lesson Plan**

**Carly** to be ready to teach her class at meeting 12 on 3rd October.

**Jayne** to get her lesson plan to me as soon as possible so there is time to create the lesson plan before teaching the class at meeting 12 on 3rd October.

**Ashleigh** to create her lesson plan before teaching the class at meeting 13 on 7th November.

**Liz** to create her lesson plan before teaching the class at meeting 13 on 7th November.

**Alison** to create her lesson plan before teaching the class at meeting 13 on 7th November.

**Karen** to create her lesson plan before teaching the class at meeting 14 on 5th December

Please refer to the **Guidelines & Allocations for Assignments S3 Posture Profile & F1 Micro Teaching of Asana,** copies have been sent by email and are also available in the assessments section of our website. Let me know if you need any help at all.

* **Everyone to carefully read through all of your handouts from the meeting:** making any pertinent notes if needed. File all handouts and notes away being as organized as you can right from the beginning!!

* **Have a very good month and I look forward to seeing you again on 3rd October. This will hopefully be again at our venue which is Willaston Memorial Hall, The Green, Hadlow Road, Willaston, Neston, CH64 2UG. Start time is 10am as usual. If anyone cannot or prefers not to attend in person then we can try to arrange a link in by Zoom.**

Our website is at [www.yoga-ayurveda.co.uk](http://www.yoga-ayurveda.co.uk) and your password is Shiva.

Remember you are free to contact me at home if you have any questions at all, although emailing me is always best whenever possible.

Yr Ogof

Mynydd Mechell

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