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Your tasks:

* **Course Fees:** For those who not yet paid course fees of £531.25 they were due on 1st November. For BACS payments details are:

Account Name: Ms S Beck

Sort code: 08-92-80

Account Number: 03419779

* **Everyone:** Please continue with 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, a copy of which is on our website. This assignment is **to be completed by our** **meeting 14 on 5th December** at the very latest.
* **Everyone**: Please consider what the **overall theme of your short course** could be, for instance ‘Yoga for Beginner’s’ or ‘Yoga for Relaxation’ or perhaps for a specific group ‘Yoga for Runners’. Next time we shall building a short course so you need to have considered this beforehand. If you are unsure then ‘Yoga for Beginners’ would be a very useful course to have thought through and could be used time and time again.
* **Assessment** **F2 & F3 Basic Breathing & Relaxation Micro Teaching Practice** – all of the remaining practice times are given below:

**Stacey** tobe ready to teach her class at meeting 14 on 5th December

**Amanda** toprepare her lesson plan & script to email to me by meeting 14 on 5th December for feedback, to teach at meeting 15 on 9th January

**Ruth**  toprepare her lesson plan & script to email to me by meeting 14 on 5th December for feedback, to teach at meeting 15 on 9th January

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

(website details below) and contact me if you need to go through the practice via zoom.

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

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

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

**Maria** to create her lesson plan before teaching the class at meeting 15 on 9th January

**Hannah** to create her lesson plan before teaching the class at meeting 15 on 9th January

**Mel** to create her lesson plan before teaching the class at meeting 15 on 9th January

**Kirsten** to create her lesson plan before teaching the class at meeting 16 on 6th February

**Paula** to create her lesson plan before teaching the class at meeting 16 on 6th February

**Stacey** to create her lesson plan before teaching the class at meeting 17 on 27th February

**Liz** to be ready to teach her class at meeting 17 on 27th February

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 consider your current feelings concerning continuing on to the Progression to Diploma Course :** some details were provided at our last meeting in the final handout on assessments for 2022 so please check these out, another copy is attached to this email. Let

me know your thoughts when you have thought it through. This is just so I have an idea whether to apply for the Progression Course for next September or January 2023. Thanks.

* **Everyone 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 **5th December.** 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 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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LL68 0TE

Tel: 01407 710347 (home)

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