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Your tasks:

* **Everyone:** Please complete 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 is **to be completed a.s.a.p.**
* **Everyone**: to continue with **Assignment S4**, to include the Scheme of Work, Course Plan and Course Evaluation Form for students. This will need to be completed by our **second February meeting** to give you time to complete the detailed lesson plan based on one of the weeks of the course plan.
* **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 meeting 16 on 6th February

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:**

**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

**Maria** to be ready to teach her class at meeting 18 on 13th March

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 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!!
* I look forward to seeing you again on **6th February.** 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

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