

BWYQ Level 4 Certificate in Yoga Teaching

Home Study Meeting Three



This month's tasks:

- **Everyone:**

1. Re-read our handout on 'Practicing Asana' and Donna Farhi's Chapter 8 making notes (can be bullet points) concerning what you feel might be some **fundamental foundational teaching points that new students would need to learn to approach their practice asana** effectively. You are welcome to research more widely on this subject if you wish to, although our notes and the chapter are enough for now.

2. Perform at least 5 mins of **asana practice each morning**, ideally 15 to 30 mins, exploring the aspects introduced at our meeting. If possible include some practice of ujjayi within asana, if this is unfamiliar to you do not be concerned we will look at it soon and I will send a short video in it the meantime, as that may help. Please **journal your experience** of your asana practice over the month to share at our next meeting, in particular noting anything you have observed about your approach to asana. If you can spend a little more time practicing at another time of day then please do so.

3. For one week practice the **Three Step Breathing Practice** two to three times per day making notes on any personal observations you may have. Having alarms on your mobile or post-it notes can be very helpful! The technique has already been sent but I will attach a copy to the email.

- **Assessment F2 & F3 Basic Breathing & Relaxation Micro Teaching Practice:**

Jeanette to prepare her lesson plan & script to email to me by meeting 6 on 25th April for feedback, to teach at meeting 7 on 9th May.

Please read through the assessment criteria for the teaching practice which is on our website (website details below).

- Everyone will be allocated a particular basic breathing technique to teach and I shall give you some information on the technique, although you can do more research if you wish. Initially I will give out relaxation techniques to teach as we need to cover a variety of types, although if you have a particular relaxation you wish to teach just let me know.
 - Refer to the assessment F2 and F3 guidelines and allocations sheet to orientate yourself.
 - You will also find that our class handout on aims, learning outcomes, assessment & evaluation will help you complete the lesson plan header sheet, as will my example lesson plan. Plus the posture profile for Savasana will be helpful for cautions for the plan.
- **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!!

BWYQ Level 4 Certificate in Yoga Teaching

Home Study Meeting Three

You can also have a play with the muscles of the lower limbs powerpoint presentation and colour in the colouring book scans if that would be helpful for you.

- **Have a great month and I look forward to seeing you again on 14th March.**

Our website is at 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
Isle of Anglesey
LL68 0TE
Tel: 01407 710347 (home)
Mobile: 07757 914089
Email: sarah.deva@yahoo.co.uk