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Your tasks:

* **Everyone:**

1. Please listen to this five minute video [www.youtube.com/watch?v=1umGZ8S8tHo](http://www.youtube.com/watch?v=1umGZ8S8tHo)

where you are asked to mindfully eat a raisin or other small piece of fruit or chocolate and then bring this same approach to another task every day for a week. I suggest that you mindfullly brush your teeth, have shower, drink a cup of tea or eat a meal, choosing one each day.

**For whichever activity you choose you simply need to be absolutely focused on the experience**, i.e. upon all of physical sensations, the sounds, tastes and smells etc. If thinking prevails notice what you were thinking, especially noting if it was a thought concerning the past or future, and simply return to the direct experience of your activity.

This may seem very simple indeed but please keep a journal regarding anything you have noticed about yourself or the activities themselves, and bring any observations to the next meeting to be shared with the whole group.

1. Take a look at your **Posture Profile** making a start, to be continued between now and our June meeting. **Those who are teaching first will need to complete this by our May meeting so there is also time to complete the lesson plan prior to teaching at our July meeting.**

Please refer to the **Guidelines & Allocations for Assignments S3 Posture Profile & F1 Micro Teaching of Asana** a copy of which will be sent by email and also available in the assessments section of our website.

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

**Ashleigh & Liz** to prepare their lesson plans & scripts to be emailed to me by our meeting 5 on 28th March for feedback, to teach at meeting 6 on 25th April.

**Jeanette** toprepare 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!!
* **Have a great month and I look forward to seeing you again on 28th March.**

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

Isle of Anglesey

LL68 0TE

Tel: 01407 710347 (home)

Mobile: 07757 914089

Email: [sarah.deva@yahoo.co.uk](mailto:sarah.deva@yahoo.co.uk)