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Your tasks:

* **Everyone: Over the next month choose two weeks where in each of the weeks you can practice the following:**

1. **Body Scan**: for one week everyday please take 15 minutes to listen to the following YouTube video which can be done in a comfortable lying position. Please bring your observations to the next meeting: <https://www.youtube.com/watch?v=CyKhfUdOEgs&t=5s>
2. **Mindfulness Meditation Breathing Anchor**: for one week please take 10 minutes each day to practice the following seated mindfulness meditation. For this meditation you might like to practice alongside the video for the first couple of days and then for the remaining days you might choose to practice for 10 minutes without the video. Again bring your observations to the next meeting: <https://www.youtube.com/watch?v=SkAMaCZtXUI>

For each daily practice bring a gentle curiosity to your experience.

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

**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.

**Maria & Hannah** toprepare their lesson plan & script to email to me by meeting 7 on 9th May for feedback, to teach at meeting 8 on 6th June.

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

**Everyone** to continue to work on their posture profile with **Hazel, Amanda & Sandra** to send me your first submission as soon as you are able to do so, so that it can be ready by our meeting 7 on 9th May.

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.

* **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 25th April.**

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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