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Your tasks:

* **Everyone: Over the next two weeks you can practice the following:**

1. **Mindful Walking**: for one week each day please see if you can bring mindfulness to walking for 10 to 15 minutes per day. You might like to play this 10 minutes audio meditation <https://www.youtube.com/watch?v=8D3oh2Rdvyw> which has no music and may be especially good if walking indoors, or this 15 minutes audio meditation <https://www.youtube.com/watch?v=HRuqe26F8SU> that has music and may be preferable if walking outside. Either of these will help you to orientate you to the task, especially at first. If anyone finds an alternate version of a similar length that they have enjoyed do share it with the group! Please bring your observations to our next meeting.

* **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.

**Karen & Maria** 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.

**Hannah** toprepare her lesson plan & script to email to me by meeting 8 on 6th June for feedback, to teach at meeting 9 on 4th July.

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 **Sandra & Ruth** 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, giving you time to then create your 30 minutes lesson plan before teaching it. **Jackie, Carly & Jayne** to send me your first submission of the posture profile when you can so it can be finalised by meeting 8 on 6th June. Anyone else is also welcome to send me their posture profile just as soon as you like because later on there will be other assignments to do and it would be very good to get this completed by our June meeting.

**Assessment F1 Micro Teaching of Asana**

**Amanda & Hazel** to have completed their lesson plan by our meeting 8 on 6th June so please forward your lesson plan in good time so that any changes can be made. To be taught at meeting 9 on 4th July.

Please let me know if you need any help at al,l and to help you with these assignments:

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!!

* Finally, please note that the second set of course fees of £531.25 are due by May 1st.
* **Have a very good fortnight and I look forward to seeing you again on 9th May.**

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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