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Your tasks:

* **Everyone: Over the next month you can practice the following:**

**Choiceless Meditation:** For this meditation:

There are no expectations to be met because we are simply resolving to be with what arises from moment to moment… allowing a state of mental relaxation, which could be a great relief!

We are gradually cultivating the feeling of being the wide-open field of awareness within which everything happens…

Be like the sky where you are aware of the clouds, as they arise from emptiness, pass through and falling away again into emptiness…. in this way every physical sensation arising, every thought, every feeling or emotion is allowed to pass through, to be experienced with no judgment or engagement - just with a receptive awareness as it is experienced.

And if a particularly intense or sticky sensation, thought or emotion arises that captures your attention, just as soon as you notice this, that is wonderful, just gently return your awareness to the wide open field…..

Push nothing away, relaxing into a gentle, receptive, field of awareness. If at any point you need to re-centre simply become aware of the breath and then again once reday move into an awareness of the wide-open receptive field of awareness.

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

**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.

**Mel** toprepare her lesson plan & script to email to me by meeting 8 on 6th June for feedback, to teach at meeting 10 on xxx August.

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.

**Sandra** to have completed her 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 10 on xx August.

Please let me know if you need any help at all 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!!

* **Have a very good fortnight and I look forward to seeing you again on 6th June.**

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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