A picture containing text

Description automatically generated

Your tasks:

**Everyone:** **Please complete Questions 2,3,6,7,8 & 9 of Assignment S1 Roles and Responsibilities of a Yoga Teacher.** (Questions 4 & 5 to be done next time we meet)

Please continue in the workheet where you did question 1. A guide for these questions was given in the handout of the worksheet on the day where the sources for information for each question were highlighted; copy also available on the website. Do remember to keep adding the sources to the bibliography at the end of the worksheet so that it is an easy process. **To be emailed to me by our next meeting in August.** This will leave just two final questions to be answered after our next meeting.

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

**Hannah** tobe ready to teach at meeting 10 on 1st August if you are able to join us, if not we can see if someone will swap, perhaps Stacey if you want to teach sooner.

**Kirsten** toprepare her lesson plan & script to email to me by meeting 10 on 1st August for feedback, to teach at meeting 11 on 5th September.

**Paula** toprepare her lesson plan & script to email to me by meeting 11 on 5th September for feedback, to teach at meeting 12 on 3rd October.

Please read through the assessment criteria for the teaching practice which is on our website

(website details below).

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

**Jackie** to get her S3 Posture Profile to me as soon as possible so there is time to create the lesson plan before teaching the class at meeting 12 on 3rd October.

**Jayne** to get her S3 Posture Profile to me as soon as possible so there is time to create the lesson plan before teaching the class at meeting 12 on 3rd October.

**Ashleigh** to complete her S3 Posture Profile so there is time to create the lesson plan before teaching the class at meeting 13 on 7th November.

**Liz** to complete her S3 Posture Profile by meeting 10 so there is time to create the lesson plan before teaching the class at meeting 13 on 7th November.

**Alison** to complete her S3 Posture Profile by meeting 10 so there is time to create the lesson plan before teaching the class at meeting 13 on 7th November.

**Jeanette** to complete her S3 Posture Profile by meeting 11 so there is time to create the lesson plan before teaching the class at meeting 14 on 5th December.

**Assessment F1 Asana Micro Teaching Practice**

**Sandra** to be ready to teach her lesson plan at meeting 10 on 1st August

**Ruth** to have completed her lesson plan by our meeting 10 on 1st August. To be taught at meeting 11 on 5th September

Please refer to the **Guidelines & Allocations for Assignments S3 Posture Profile & F1 Micro Teaching of Asana,** copies have been sent by email and are also available in the assessments section of our website. Let me know if you need any help at all.

* **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 month and I look forward to seeing you again on 1st August. This will hopefully be again at our venue which is Willaston Memorial Hall, The Green, Hadlow Road, Willaston, Neston, CH64 2UG. Start time is 10am as usual. If anyone cannot or prefers not to attend in person then we can try to arrange a link in by Zoom.**

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)