

This month’s tasks:

* **Everyone to complete the** **Anatomical Terms of Movement Worksheet** and email me your answers on a word document before our next meeting. This is for your own active learning and will also help me to see which areas we need to revisit. Worksheet is attached.
* **Everyone to read through the handouts and notes from our meeting** making any notes if needed. File all handouts and notes away being as organized as you can right from the beginning!!
* **Assessment** **F2 & F3 Basic Breathing & Relaxation Micro Teaching Practice**:

**Ali and Jayne** to prepare their lesson plan & final script and email these to me by our next meeting on 31st January for feedback. To be ready to teach at our meeting 3 on 14th February.

**Carly** to prepare her lesson plan & final script to be emailed to me by our next meeting on 14th February, to teach at our meeting 4 on 14th March.

I will send you a handout on the basic breathing technique to be taught for 10 mins and also a relaxation script which you can adjust as you wish to to be taught for 15 mins. Remember this is a 25 mins teaching practice in total where you flow from the basic breathing into the relaxation and needs to be taught as if to beginner/first year students. If you need us to go through the basic breathing technique together first then just let me know and we can arrange a time. For those who are teaching soon all of the details you will need for the teaching practice will be sent to you individually asap and the guidelines and forms are also on the website.

**Everyone,** I will allocate the remainings slots for these practices and let you have these next time we meet. Meanwhile you might like to practice teaching a 15 mins relaxation to yourself or willing volunteers, and do take a close look at the savasana posture profile attached and check that you are including useful teaching points when settling ‘someone’ into savasana.

* **Finally,** please ensure that you have paid your registration fees to the BWY Central Office, as you need to be formally registered, and also the first courses fees to myself as they were due yesterday.
* **Have a great fortnight and I look forward to seeing you again on 31st January.**

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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