

BWYQ Level 4 Progression to Diploma

Home Study Meeting One



This month's tasks:

- **Everyone to complete Question 1 of Assignment S5 on the Hatha Yoga Pradipika:** please refer to the S5 guidelines to help orientate you to this task - a copy of the worksheet will be emailed to you. Do your best to complete this question over the coming month and email it to me before our next meeting. Thanks.
- **S6 Meditation Class Teaching Practice:** referring to the practice guidelines please prepare and submit your 15 mins lesson plan in good time for your teaching practice, ideally two weeks before your date of teaching so any revisions can be made if needed.
- **Have a great month and I look forward to seeing you again on Zoom on 13th November.**

Our website is at www.yoga-ayurveda.co.uk and your password is Spanda.

Remember you are free to contact me at home if you have any questions at all, although emailing me is always best whenever possible.

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