

BWYQ Level 4 Progression to Diploma

Home Study Meeting Ten



This month's tasks:

- **Everyone to complete all previous assignments as soon as possible, i.e. S5 on the Hatha Yoga Pradipika and S8 on the Yoga Sutras of Patanjali:** please refer to the guidelines given if needed (copies available on our website) to help orientate you to these tasks.
- **S7 Your Presentation on a theme from the Bhagavad Gita or Upanishads:** You will have been allocated a theme from one of the texts and will be presenting it either at meeting 11 or 12, in August or September respectively. Please see the guidelines and do ask if you need any help at all.
- **Your Home Meditation Practice:** You will need to allocate 10 minutes per day to your practice of meditation and keep a record of any observations or insights. Please see the guidelines emailed to you and then complete the journal which has also been emailed. Do dive into this straightaway as it will be very helpful, hopefully bringing some spaciousness to your day.
- **S9 Your final ACT:** in the background keep working on your ACT lesson plan. A copy of the guidelines for this ACT are on the website so remember to check the necessary requirements which are slightly different and ideally also read through the second pages where you can see the assessment criteria against which the ACT is assessed so you can see what needs to be included.
- Finally, to remind you that the final course fees of £395 are due this month.
- **Wishing you a great month and I look forward to seeing you again in person at Willaston Hall on 6th August**

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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