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This month’s tasks:

To get your portfolios ready to be sent for Certification: -

* **Your Home Meditation Practice:** Please forward your meditation journal to me asap.
* **Everyone (except Mel & Jayne) to forward to me your Supporting Documents:** Copies of the forms are on our website if you need them. Remember you will need to submit Classes Attended, Events Attended, Classes Taught forms & 3 PLREs, one of which can be from the ACT. If you do not have any events then please just write a sentence or two on the events attended form explaining why and say if there is an area you might study later on.
* **Mel, Hannah & Paula** to sign off on your Upanishads Presentation once the feedback sheet has been sent to you. Also, if you have not done so already please forward your teachng notes, handouts, PPT preseentations etc.
* **Hannah** to complete a PLRE on your ACT and forward it to me once it has been done.
* **Sandra** to complete the PLRE for your ACT, the form is below the feedback form for the ACT, and forward it to me.
* **Wishing you a great month and** **I look forward to seeing you again in person at Willaston Hall on 1st October for our final meeting together!**

Our website is at [www.yoga-ayurveda.co.uk](http://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.

Yr Ogof

Mynydd Mechell

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