

BWYQ Level 4 Progression to Diploma

Home Study Meeting Two



This month's tasks:

- **Everyone to complete Question 2 of Assignment S5 on the Hatha Yoga Pradipika:** please refer to the S5 guidelines to help orientate you to this. To be emailed to me before the January meeting on Zoom. Thanks.
- **Everyone to complete their first month's Pranayama Practice:** mark the days your practice has been done (In Word click on circle and then shape format and then shape fill to colour them.) Add comments on what was experienced, physically mentally, emotionally, energetically etc. at the end of each week. Finally giving your overall observations of the month's practice at the end. Please do your very best to make the most of this opportunity!
- **S6 Meditation Class Teaching Practice:** referring to the practice guidelines **Kirstin & Hazel** please prepare and submit your 15 mins lesson plan in good time for your teaching practice in January, ideally two weeks before your date of teaching so any revisions can be made if needed.
- **Wishing you a wonderful wintertime and I look forward to seeing you again on Zoom on 8th January.**

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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