

BWYQ Level 4 Progression to Diploma

Home Study Meeting Three



This month's tasks:

- **Everyone to complete their second 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 and bring your observations to our next meeting on zoom on 5th February.
- **Everyone to complete the final questions 3 & 4 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 meeting five on 19th February meeting on Zoom. Do try to complete this work as we shall be moving on to new areas of study on the 19th. Thanks.
- **S6 Meditation Class Teaching Practice:** referring to the practice guidelines **Stacey, Jayne, & Sandra** please prepare and submit your 15 mins lesson plan in good time for your teaching practice on 5th February, ideally two weeks before your date of teaching so any revisions can be made if needed.
- **Wishing you a great month and I look forward to seeing you again on Zoom on 5th February.**

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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