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This month’s tasks:

* **Everyone to complete Question 1 of Assignment S8 on the Yoga Sutras of Patanjali:** pleaserefer to the S8 guidelines attached (and on our website) to help orientate you to this. To be emailed to me before meeting five on 5th March meeting at Willaston Memorial Hall. If however you are still completing your assignment on the HYP please prioritise this and you can complete Q1 of the Sutras in the next couple of months.
* **Everyone Daily PYS Practice:**

For two weeks take 5 mins minimum each morning focusing upon the space between thoughts and then continue on for another 5 mins focusing upon thoughts arising in a non-judgmental relaxed way. Or you can split the two practices and do them at different times.

This can be done like a seated meditation or in daily life. It can be especially useful when you are facing a challenging stressful time or soon afterwards.

Please bring your observations to our next meeting.

* **I look forward to seeing you again in person at Willaston Hall on 5th March**

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

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