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This month’s tasks:

* **Everyone to complete Question 2 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 seven on 2nd April at Willaston Memorial Hall.
* **Everyone Daily PYS Practice:**

1. For two weeks take 5 mins minimum each morning f**ocusing 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. When focusing upon the space between thoughts notice the quality of this spaciousness, is there any sense of contentment or quiet joy?

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.

1. For two weeks raise awareness of the two kleshas raga and dvesa, attraction and aversion. Do this whilst practicing 5 minutes minimum of **meditation upon the breath** where you are aware of whenever you are being drawn away from what is, wanting things to be different then they are. Notice the kinds of thoughts arising and if they are any accompanying sensations.

In daily life you can also notice if there are any times when you are either **protecting or promoting yourself**. This is simply a way of raising awareness so just be curious in a loving way, as always bring yourself flowers. You may like to do this practice when teaching your classes or attending classes.

Please bring your observations to our next meeting.

* **I look forward to seeing you again in person at Willaston Hall on 2nd April**

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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