

This month’s tasks:

* **Everyone to complete Assignments S5 on the Hatha Yoga Pradipika and S8 on the Yoga Sutras of Patanjali:** pleaserefer to the guidelines given if needed (copies available on our website) to help orientate you to these tasks. To be emailed to me before our meeting nine on 4th June at Willaston Memorial Hall. **4th June is the deadline** as we then move onto our study of our final texts. Please let me know if this is not possible so we can make a plan.
* **For those who have completed assignments S5 & S6**: this month is an opportunity to start your final ACT lesson plan. A copy of the guidelines for this ACT are on the website so remember to check the necessary requirements which are slightly different and ideally also read through the second pages where you can see the assessment criteria against which the ACT is assessed so you can see what needs to be included.
* **Course Fees:** a quick reminder the course fees of £395 were due in April so if these have not yet been paid please do so, contacting me if youneed a little more time.
* **Wishing you a great month and** **I look forward to seeing you again in person at Willaston Hall on 4th June.**

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

Isle of Anglesey

LL68 0TE

Tel: 01407 710347 (home)

Mobile: 07757 914089

Email: sarah.deva@yahoo.co.uk