**LESSON PLAN: 7.3**

|  |  |
| --- | --- |
| **TUTOR:** | Sarah Beck |
| **SUBJECT/THEME:** | 7.3 Teaching Meditation |
| **LEVEL OF STUDENTS:** | Late beginners/Intermediates |
| **DATE:** | 19th January 2020 |
| **TIME/DURATION:** | 15 minutes |
| **RESOURCES:** | Blocks, blankets, stools, bolster, chair |
| **AIMS:**  **A general statement of intent** | **By the end of the practice the teacher will aim to:** introduce students to seated meditation practice by leading the group through a short mindfulness type meditation on the experience of the sensations of the body & breath, making it as accessible to all students as possible. |
| **LEARNING OUTCOMES:**  **Only 3 LOs are needed, although must cover all three learning domains of psychomotor, cognitive & affective; Remember SMART, make them very specific** | **By the end of the practice students will be able to:**   1. Find a comfortable seated position using physical aids as needed (p) 2. State that they can mindfully adjust their position if needed (c) 3. Identify that the spine must be upright with a natural lumbar curve experienced (c) 4. Feel that they do not need to try to stop thinking but when they become aware of thinking simply to return to the focus of the meditation. (a) |
| **ASSESSMENT METHODS:**    **Number these to relate specifcally to the LOs above** | 1. Close observation of the class, individual questioning as needed 2. Check that students are aware of this prior to starting and at the end of the class 3. Group questioning at end of practice 4. Invite students to share their experience at the end of the class |
| **EVALUATION METHODS:** | Verbal self reflection, PLRE, peer verbal feedback, tutor verbal & written feedback |
| **BIBLIOGRAPHY:** | None |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **TIME** | **CONTENT** | **TEACHING**  **METHOD** | **AREAS FOR CAUTION/MODIFICATIONS/AIDS**  **VARIATIONS** | **PURPOSE/RATIONALE/**  **BENEFITS** | **NOTES** |
| 0.00 | Introduction to meditation | Verbal instruction |  | To provide overview of meditation and give initial teaching points | Highlight not to try and stop thinking |
| 0.01 | Adopt a comfortable seated position of sukhasana  Check students to see lumbar spine is not rounded & if anyone needs individual help to find a comfortable upright position; Note sitting at back of padding, sloped support is ideal | Verbal  Instruction and demo if needed | **Back conditions, general stiffness**: block beneath buttocks  **Stiff hips, knees lift:** Padding beneath thighs (esp. late pregnancy)  **Knee, hip conditions, sacral infection or condition, sciatica**: dandasana  Chair available if needed, feet to block if thighs not parallel to ground | Take time to find most comfortable position, otherwise locked into discomfort | Explain they can adjust mindfully if needed    Check warm enough |
| 0.03 | Settling of breath & body | Verbal instruction |  | To calm mind and body and draw attention inwards |  |
| 0.04 | Meditation on physical sensations, moving into an awareness of physical sensations created by the breath | Verbal Instruction |  | Meditation to help increase sensivity to physical sensations, learning to objectively witness them and mindfully move if necessary. Raise an awareness of thought and how we can allow thinking to continue with becoming involved with it. | Script |
| 0.12 | Return to a focus on the breath and then an awareness of the room. | Verbal Instruction |  | To release gently from meditation |  |
| 0.13 | Close & short discussion  Note that this meditation helps us to become more mindful of what we are feeling in everyday life. | Q & A | Ask group if spine felt elongated throughout, did they find sukha/sthira? | Ask if students noticed anything specific regarding the way their minds operate. Also that they felt able to move if needed. |  |