**LESSON PLAN: Sarah Beck**

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| **TUTOR:** | Sarah Beck |
| **SUBJECT/THEME:** | 7.3 Teaching Meditation |
| **LEVEL OF STUDENTS:** | Late beginners |
| **DATE:** | 11th February 2018 |
| **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** | **By the end of the practice students will be able to:**   1. Find a comfortable seated position using physical aids as needed (p) 2. Mindfully adjust their position if needed (p) 3. Identify that the spine must be upright with a natural lumbar curve evident (c) 4. State 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. (c) 5. Determine if they could easily observe physical sensations without becoming involved in thinking, and if anything was surprising. (a) |
| **ASSESSMENT METHODS:**    **Number these to relate specifcally to the LOs above** | 1. Close observation of the class, individual questioning as needed 2. Close observation of the class 3. Check that students are aware of this prior to starting 4. Group questioning at end of practice 5. Invite students to share their experience at the end of the class |
| **EVALUATION METHODS:** | **Could be verbal self reflection, peer verbal feedback, tutor verbal & written feedback PLRE etc.** |
| **BIBLIOGRAPHY:** | **None** |

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| **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 | 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**: 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 if students noticed anything specific regarding the way their minds operate. Also that they felt able to move if needed. |  |