

Part One

Home Study Meeting One



This month's tasks:

- Pippa to prepare her lesson plan & script for the 2.2 Basic Breathing & Relaxation Teaching Practice. Please refer to the assessment guidelines from the powerpoint presentation to help you, and you will also need to use the powerpoint presentation on aims & learning outcomes and your notes on savasana. Remember to initially check with me regarding your choice of practices. You will need to submit your proposed lesson plan (to include the header sheet & course plan) and teaching scripts by the next meeting. A pro forma lesson plan sheet are attached.
- Complete your Anatomical Terms of Movement Worksheet and email me your answers before our next meeting.
- Carefully read through all of your handouts from the meeting making any pertinent notes if needed. Choose a place to start to collect your handouts whether in hard copy in an arch file and/or electronically. My suggestions for headers to use for filing is attached. Be as organized as you can right from the beginning!!
- Contemplate verses 2.47 and 2.48 from the Bhagavad Gita, as shown overleaf. Make some brief notes on any thoughts or observations this brings forth to share at our next meeting. It is always good to see if the quotation raises any questions for you or if there is a point you want to research in other texts or with other teachers. Also you can be aware of your own life experience in connection with the quotation. Finally when something is not easily understood it is often helpful to plant the seed of a thought or question in your mind before sleep or before doing something relaxing and see if your subconscious brings forth some new understanding when you come to study the quotation or concept again.

Remember you are free to contact me at home if you have any questions. Emailing me is always best when possible.

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The Bhagavad Gita

“You have the right to work, but never to the fruit of work. You should never engage in action for the sake of reward, nor should you long for inaction. Perform work in this world, Arjuna, as a man established within himself – without selfish attachments, and alike in success and defeat. For yoga is perfect evenness of mind.”

Chapter 2 v47 & 48

Translation by Eknath Easwaran, Arkana Penguin Books, 1985, p66