

This month’s tasks:

* Therese & Imogen to create their final draft lesson plans for their pranayama teaching practices 6.3 for our next meeting in July, they will teach at the 3rd August meeting. Gina to create her first draft lesson plan for our next meeting in July, to be taught at the 31st August meeting. Please use the usual proforma lesson plan and refer to the guidelines given already for this 6.3 teaching practice and do feel free to ask me if you would like some help.
* Sue to teach the asana practice leading to Ardha Chandrasana and Pippa to teach the asana practice leading to Parighasana for our next meeting on 6th July.
* Everyone to complete a first draft of the scheme of work document by working through the steps of the handout given in the last meeting. Please email **a first version of the SOW header sheet and course plan by our next meeting in July, as we discussed in class do not wait or you will have problems later on with too much work to do!** If you follow the steps on the guidelines it should be fairly straightforwards.
* As always read through and make on notes on our handouts from the day, also keep them safe as they will be useful at a later point in the course. Also to follow on from our initial exploration of the Mandukya Upanishad you might like to watch this lovely visual presentation on Akasha to be found at the link below:

<https://www.youtube.com/watch?v=aXuTt7c3Jkg&list=PLD8E5F0D70B62BEFE&index=3>

* Most importantly have a great month!

To find new copies of forms and especially guideline sheets you can always visit my old website at www.yoga-ayurveda.co.uk and the password is Smile.

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

Yr Ogof

Mynydd Mechell

Isle of Anglesey

LL68 0TE

Tel: 01407 710347 (home)

Mobile: 07757 914089

Email: [sarah.deva@yahoo.co.uk](mailto:sarah.deva@yahoo.co.uk)