

This month’s tasks:

* Gina to teach her pranayama teaching practices 6.3 at our next meeting on 31st August meeting. Donna to teach her pranayama teaching practice 6.3 for our next meeting on 5th October meeting so please send your final lesson plans by mid September. 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.
* Mandy to teach the asana practice leading to Parsvottanasana for our next meeting on 31st August. Phil & Elizabeth to get ready to teach their asana practice leading to Marichyasana & Ardha Matsyendrasana respectively on 5th October.
* Everyone to make their final ammendments to the 4.1 Scheme of Work Header Sheet and Course Plan. Then to create your 4.2 Detailed Lesson Plan based on one of the weeks of the Course Plan for our next meeting. To do this please use the guidelines written on the detailed lesson plan which has been attached. You will also find a blank lesson plan pro forma attached. Remember that the lesson plan must include the practices from your course plan for that week, as the core practices, and to this you add other asana to make a good flow. Please send the first draft of the detailed lesson plan by our next meeting.
* Everyone to have a think about how they might set up for their assessed class teaching which can be based on the 4.2 detailed lesson plan. If you plan to run the whole course then you will need to work out the date of the week you will teach and check with me asap so I can put the date in my diary. ACTs can be done from September to November this year and you can teach your own class, organise a specially set up class or borrow a class.
* Everyone, as always, to read through and make on notes on our handouts from the day. Please keep all handouts safe as they will be useful at a later point in the course. Remember your home study is part of the course hours and this part of it should not be overlooked. 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.
* Have a great month!

Remember you are welcome 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