

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 the meeting on 5th October meeting so please send your final lesson plan 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, and then complete your 4.2 Detailed Lesson Plan based on one of the weeks of the Course Plan. **This is the final month that you have to complete everything.**
* 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 to start their daily pranayama practice.
* Have a great August!

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

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