

Unit One

Home Study Meeting Two



This month's tasks:

- **2.2 Basic Breathing & Relaxation Teaching Practices:** Pippa and Pauline to teach their 2.2 Basic Breathing & Relaxation Teaching Practice next time. Phil to prepare his lesson plan for 2.2 for the next meeting. Please refer to the guidelines given on the back of the allocations sheet, which is attached to this email. Also remember to initially check with me regarding your choice of practices.
- Carefully read through the handout on the muscular system given to you in class, perhaps highlighting important elements as you go. Also spend some time with the powerpoint presentation on the muscles of the shoulders, arms and hands familiarizing yourself with the different groups of muscles. Remember it is always helpful to explore the way in which the muscles are attached to the bones to see how they can pull upon bones to create movement.
- In another email I have attached colouring sheets to learn more about muscles. Here you have to look at the larger words and see the letter given to them and colour the area of the diagrams with the same letter with the same colour. Also read the notes on each page carefully. This is a good active way of learning more about muscles and time spent reading and colouring will be well spent.
- **Research and reflect upon what characterizes the practice of asana as opposed to other forms of 'exercise' we might practice. Please reflect upon this as this informs how we practice asana and why we practice asana.**
- Examine your student information manual at your own leisure, printing out a copy for your own file. In particular please read pages 29 to 33 so you are aware of the complaints procedure and of the issue of plagiarism as I am bound to point these out to you. Do keep all course information handouts such as the manual, the handout on electronic portfolios and the teaching practice allocations handout in a specific place for future reference!

Note: You do not need to bring along or give in the completed colouring sheets these are purely an active learning tool for you. Do however bring along your thoughts on asana for a class discussion next time!

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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