

Unit One

Home Study Meeting Three



This month's tasks:

- Phil to prepare to teach his [2.2 Basic Breathing & Relaxation Teaching Practice](#). Please refer to the assessment guidelines from the powerpoint presentation in meeting one. I will email you the assessment front sheets showing the assessment criteria for the lesson plan and teaching practice, so you know what areas are being marked, and also the proforma lesson plan for you to complete. Please send me your first draft of your lesson plan and script **by 7th January**.
- Carefully read through the handout on 'Practising Asana', making your own notes or highlights as needed; and in conjunction with this please complete the assignment [My Approach to Asana Practice](#) as outlined overleaf.
- Study the [powerpoint presentation on the muscular system](#), familiarizing yourself with the names and locations of the muscles. Using the short videos see if you also familiarise yourself with the way in which the locations of the muscles contribute to the actions they are able to perform. Familiarization is enough at this point!
- Please complete the [kinesiology worksheet](#) which has been emailed to you with this study sheet and once done email it to me before we meet again on 3rd Feb.
- Lastly, and most importantly, have a wonderful christmas break and I look forward to seeing you again in 2013.

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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'My Approach to Asana' Home practice

Spend some time in self-reflection during your personal and class practices noticing the following:

- 1) Your attitude to your practice of asana, for example:
 - *Competitive/non-competitive?*
 - *Internal focus/external focus?*
 - *Quiet mind/busy mind?*
 - *Having a particular aim/no specific aim?*
- 2) If you set an intention for your practice what is it? Does it make a difference if you do set a conscious intention before practicing?
- 3) Your use of the breath whilst practicing asana.
- 4) Ways in which you judge the right intensity of asana practice for yourself.
- 5) You can also include some self-observation regarding working with any of the techniques for practicing asana we included in class such as playing the edges, using ujjayi and exploring the lines of effort.

Keep a written journal of your conclusions for this month and if realizations arrive I certainly suggest you write them up immediately after your practice. I am only expecting around an A4 side, although more is welcome if you wish.

Please be completely honest in your reflections, we are simply raising awareness of particular aspects of your own asana practice and there is certainly no pass or fail for this assignment!

You will need to email these to me just prior to our next meeting.