

Unit One

Home Study Meeting Four



This month's tasks:

- Therese to prepare her lesson plan for the [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 our next meeting. Phil to be ready to teach his session next time we meet in March.
- [Re-read any class handouts from today](#), making notes if you need to do so.
- Spend a little time studying the [powerpoint presentation on muscles of the head, neck & vertebral column](#), familiarizing yourself with the names and locations of the muscles. Using the short videos see if you can 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!
- Spend a little time studying the [powerpoint presentation on leverage](#), noting how an understanding of leverage can help us with how we teach asana.
- Please complete the [worksheet on leverage](#) bringing along the completed worksheet to the next meeting. Note that sometimes the order of asana is very clear and othertimes not so clear, I just need to know you are thinking in the right way. This should only take a very short time to do.
- Cath to prepare the [posture profile for prasarita padottanasana \(standing spread leg pose\)](#) due in before the next meeting. Please refer to the emailed guidance notes for preparing your posture profile, scans of texts and the posture profile form are also to be sent by email.
- If anyone, other than Cath, wants to practice creating a posture profile then do one for [virasana](#), by doing as much as you can using the scans sent, bringing along what you have done to the next meeting. We shall discuss the process of creating a posture profile next time we meet. I do not expect a full one but include just as much as you can in the time you have. Remember you will need to also refer to the emailed guidance notes for preparing your posture profile.
- Start your first [mindfulness practice](#) as summarise overleaf and remember to write your thoughts, sending them to me by the next meeting.

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
www.yoga-ayurveda.co.uk

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Mindfulness Meditation

"We may hear the word "investigation" and think it has only to do with analyzing, because in our education and in our culture this is what is meant by investigation. Although using thought skillfully is certain a level of investigation, a deeper level of investigation in meditation doesn't have anything to do with thought. This deeper level has to do with bringing a silent, concentrated inner listening into our lives, into our moment to moment experiences. This is really what investigation is – listening deeply, as deeply as we possibly can. To investigate is to bring a quality of openness into our life and to fully experience whatever it is that is happening without choosing sides; being for or against. The opposite of investigation is assuming – assuming that we already know how things are; this cuts off the oxygen in our hearts in our minds, and cuts off the oxygen in our hearts as well. A kind of hard-heartedness emerges when we assume we know anything at all." Narayan, Fall Journal, 1996

This month I would like you to be absolutely mindful of several everyday activities. In essence whilst you are performing the activity simply be aware of that activity.

Week One

Be aware of the process of brushing your teeth. For instance notice the sensations of brushing, the taste of the toothpaste, the sound of the water and so forth. If thoughts which are unrelated arise, such as thoughts about what the day will bring, or how you have something you need to get done before leaving home in the morning then note them and immediately draw your self back to the experience of brushing your teeth.

Week Two

Be fully aware of eating at least one meal or having several drinks. Again as before just be aware of the activity of eating or drinking, being aware of all tastes, textures, colours, temperatures etc. and if thoughts arise when you notice simply return to your experience of eating or drinking.

Week Three

Take at least one walk where you stay mindful of the walk, again being aware of the experience through all of your senses. If you notice your mind wandering off thinking perhaps of family or work etc. then draw it back to the experience of your walk.

Week Four

Choose one of the above to work with again.

Whilst these tasks may seem very simple indeed, keep a journal regarding anything you have noticed about yourself or the activities themselves for a discussion next time we meet.

Please note:

Be kind to yourself as it is likely you will find that your mind repeatedly moves away from the activity and that can be expected as it is the nature of the mind to do so; when you become aware of this just repeatedly bring the mind back to being fully aware of your activity with kindness!

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