

Unit One

Home Study Meeting Five



This month's tasks:

- **2.2 Basic Breathing & Relaxation Teaching Practice:** [Mandy & Cheryl](#) to complete their lesson plan and script sending these to me by the next meeting, practices to be taught in meeting 7. Please remember to check with me regarding the practices you will be teaching, and I will gladly give you some ideas if needed.
- **1.1a Posture profiles:** [Anne](#) to start her posture profile for Bhujangasana, Cobra Pose, and [Imogen](#) to start her posture profile for Trikonasana, Triangle Pose. I will send some useful scans for your postures soon. Please email your first drafts of the posture profiles to me before next time we meet so I can give you my comments and any changes can be made.
- **1.1b Lesson Plans for Micro teaching of asana:** [Cath](#) to complete her lesson plan to Prasrita Padottanasana emailing me this before the next meeting.
- As always carefully **read through all of the handouts** from meeting five, making additional notes as needed.
- **Everyone to complete the worksheet on vulnerable areas of the body** to be emailed to me just prior to the next meeting. Do make this concise and do not over complicate by using complex medical terminology.
- Finally, begin your final **mindfulness meditation** as outlined overleaf. Please take this opportunity to really immerse yourself in the different activities as they can teach us a great deal! If it does become too uncomfortable to spend time with these practices then feel that you can omit them.

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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Mindfulness Meditation

For this month's mindfulness practices remember to work through the different practices with a sense of friendly curiosity as you notice how things are. And if the mind becomes involved with thinking when you become aware of this simply gently return your attention to the practice; it is not a failure to realize the mind has wandered off rather it is wonderful to have realized this and gently returned your attention to the task in hand. Be a friendly, curious explorer who is beginning to notice how your mind works.

Week One

Everyday spend approximately 10 minutes in savasana or similar and explore how your body feels, let your awareness travel into all the muscles, bones and organs noticing what sensations or feelings there are, for instance tightness, lightness, sharpness, numbness, tiredness and so on. Do not try to change anything you are simply noticing and if your mind takes you away from this experiencing of the body gently draw it back to the body.

Week Two

Being present to your body. Be aware of your body as you walk, lie down, reach for a book and so forth. For instance as you type on your computer or talk to another person keep part of your awareness within your body so you are simultaneously aware of your focus and your body.

Week Three

To reconnect with the present moment perform the breathing space three times per day

1. Simply sit and ask yourself how you feeling in this moment, noticing your experience as it is. Accept all of your thoughts, emotions, and physical sensations staying with them for a few moments, allowing any negative feelings or experiences to be present.
2. Now gently turn your attention to your breathing. Experience fully each inhale and exhale as they follow one after the other. Let the breath anchor you to the present moment, enabling you to tune into a state of awareness and stillness.
3. Now expand your awareness to encompass your breathing and the whole body, having a sense of space around you.

This whole process will only take a few minutes. Do this three-step re-connection whenever you are feeling distracted, a little stressed or rushed. It can also be performed occasionally as a way of touching 'home'.

Week Four

As you move through your everyday life see if you can be aware of your breathing, remembering to occasionally check in to see how it is. Notice the quality of your breath, observing whether it for example feels slow or fast, shallow or deep, smooth or agitated or if you are holding it. As before let there be no judgment just observing.

Week Five

Choose one of the above to work again with.

Whilst these tasks may seem very simple indeed keep a journal regarding anything you have noticed about yourself or the activities themselves, and as we discussed in class please email me your thoughts at the end of each week, taking a few minutes to do this on each Sunday would be great.

You may find a few post-it notes placed around your home or work as reminders may be helpful