

This month’s tasks:

* **2.2** **Basic Breathing & Relaxation Teaching Practice**: **Gina** to complete her lesson plan and script sending these to me by the next meeting, practice to be taught in the July meeting. Please remember to check with me regarding the practices you will be teaching, and I will gladly give you some ideas if needed. **Alison** to teach her session next time we meet in June.
* **1.1a Posture profiles**: **Pauline** to start her posture profile to Vrksasana (tree pose) and **Anita** to start her posture profile to Virabhadrasana I (warrior 1 pose). Asana scans to help you will be sent by email soon.
* **1.1b Lesson Plans for Micro teaching of asana: Imogen** to complete her lesson plan to Trikonasana (triangle pose), emailing this before the next meeting. **Anne** to complete her lesson plan to Bhujangasana (cobra pose), emailing this before the next meeting.
* As always carefully **read through all of the handouts** from meeting seven, making additional notes as needed.
* **Everyone to complete the cautions worksheet** by referring to the worksheet completed in meeting 6, plus where necessary the ‘principles of forward bending, backward bending, sidebending etc. handouts. as given to you in the last few meetings. This information will be invaluable for you in the future!

Remember you are free to contact me at home if you have any questions. Emailing me is always best when possible. Yr Ogof

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