

This month’s tasks:

* 2.2 Basic Breathing & Relaxation Teaching Practice: Sue to complete her final draft of the lesson plan and script to be taught in our September meeting. Cath to complete her first draft of the lesson plan and script to be emailed to me by our next meeting, to be taught in our October meeting.
* 1.1a Posture profiles: Donna to start her posture profile for Shalabhasana (Locust pose) and Cheryl to start her posture profile for to Dwi Pada Pitham (Two foot support pose). Please email your first draft of posture profiles to me before next time we meet so I can give you my comments and any changes can be made before you start on your lesson plan. Remember this is not a pass or refer exercise but one in which you learn the process of examining an asana in detail. Therese to complete her posture profile and lesson plan for Adho Mukha Svanasana (Downward Facing Dog), emailing these before next time we meet, to be taught in our October meeting.
* 1.1b Lesson Plans for Micro teaching of asana: Pauline to complete her lesson plan for Vrksasana (Tree Pose) and Anita to complete her lesson plan for Virabhadrasana I (Warrior I Pose). Please carefully refer to the guidelines given to you on this assessment and remember to closely examine the assessment criteria so you know what we be assessed. You will need to email your final draft of lesson plans in good time so any final amendments can be made before the teaching practice in meeting 11, in September.
* Everyone to Complete Question 5 of Assignment 3.2 on The Role and responsibilites of a yoga teacher and legal implications of yoga teaching. Please remember to use the last worksheet you used for previous questions done and if it helps let me know and I can send it to you. You will need to refer to the powerpoint presentation given in our meeting called ‘Role & Responsibility of Yoga Teacher part 3’. (as before save this as Q0008 Your name 1-3.2.docx). This will be the last question of 3.2 so please do make sure you have also done all of the remainng questions as well.
* If anyone want to get ahead with future practical assignments just let me know and we can sort that out.

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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