

This month’s tasks:

* 2.2 Basic Breathing & Relaxation Teaching Practice: Elizabeth & Imogen to start their first draft of the lesson plan and script to be emailed to me by our next meeting, to be taught in our November meeting. If you have not done so already, then please speak to me regarding techniques to be taught before you begin your plan.
* 1.1a Posture profiles: Pippa to start her posture profile for Baddha Konasana (Bound-angle Pose), Mandy to start her posture profile for Virabhadrasana II (Warrior II Pose) and Gina to start her posture profile for to Navasana (Boat 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.
* 1.1b Lesson Plans for Micro teaching of asana: Donna to complete her lesson plan for Shalabhasana (Locust Pose) and Cheryl to complete her lesson plan for Dwi Pada Pitham (Two Foot Support 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 will 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 November. If you have still not done complete your posture profiles then please complete and send them a.s.a.p.
* Everyone to start their 2.1 Stress & Reaxation Assignment by referring to the 2.1 Essay Guidance Notes and the Essay Writing Standards, both of which have been given as handouts. Also you must check out the emailed 2.1 Assessment Sheet which gives the title of the assignment and all of the criteria against which this assignment will be assessed. The final review date for this assignment is our meeting in November this year and this will be non-negotiable so please do get your first draft ready for our next meeting in October.

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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