This month’s tasks:

* 2.2 Basic Breathing & Relaxation Teaching Practice: David to email his final draft of the lesson plan to be ready to teach it at our August meeting. Sue to complete her first draft of the lesson plan and script to email to me by the next meeting, to be taught at our September meeting.
* 1.1a Posture profiles: Therese to complete her posture profile for Adho Mukha Svanasana (down facing dog pose). Please email your posture profile 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. Alison to go ahead and complete her lesson plan. Both practices to be eventually taught in October.
* 1.1b Lesson Plans for Micro teaching of asana: Louise, Elizabeth & Mark to complete their lesson plans so they can teach their class at the next meeting in August. You will need to email your lesson plans well before our next meeting so you will be able to make any necessary adjustments before the teaching practice in August. Anita & Pauline to start their lesson plans and email me the first draft so they can start to be ready for teaching their classes in September
* Complete Q2, Q3 and Q4 of Assignment 3.2 on the role and responsibilites of a yoga teacher and legal implications of yoga teaching. Please remember to use the same worksheet you used for previous questions done and refer to the powerpoint presentation given in our meeting called ‘Role & Responsibility of Yoga Teacher part 2’ to help you. (as before save this as Q0008 Your name 1-3.2.docx).
* You also need to produce the two suppporting documents for 3.2 which are the advertising flyer for a class and the class information sheet. For the flyer remember if you wish to use a BWY emblem then please use the student teacher one available on the BWY Teacher Resources webpage. This is to advertise your group so should be presentable and contain all of the necessary information. For your class information sheet ,which can be given to your students either before they begin or at their first class, again we discussed what might be included on this sheet but it will be all of the information you think students need to know before practicing such as wearing comfortable clothing, not eating for a minimum of two hours before practicing etc.

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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