

Allocations for Part One Practical Teaching Sessions

Peak Pose	1.1a Posture Profile set: to be given in by next meeting	1.1b Lesson Plan set: to be given in by next meeting	Date of Teaching Practice	Student
Prasarita Padottanasana (Wide- angled forward bend)	Meeting 4	Meeting 5	Meeting 7	Cath
Bhujangasana (Cobra)	Meeting 5	Meeting 6	Meeting 8	Sue
Trikonasana (Triangle)	Meeting 6	Meeting 7	Meeting 9	Imogen
Parsvakonasana (Lateral Angle Stretch)	Meeting 6	Meeting 7	Meeting 9	Anne
Jathara Parivritti (Reverse Stomach Pose)	Meeting 7	Meeting 8	Meeting 10	Louise
Bharadvajasana (Bharadvajasana Twist)	Meeting 7	Meeting 8	Meeting 10	Elizabeth
Chaturanga Dandasana (Four limbed Pose)	Meeting 7	Meeting 8	Meeting 10	Mark
Vrksasana (Tree)	Meeting 8	Meeting 9	Meeting 11	Pauline

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Virabhadrasana 1 (Warrior 1)	Meeting 8	Meeting 9	Meeting 11	Anita
Supta Padangusthasana (Supine Hand to Big Toe Pose)	Meeting 9	Meeting 10	Meeting 12	Alison
Adho Mukha Svanasana (Down Facing Dog)	Meeting 9	Meeting 10	Meeting 12	Therese
Shalabhasana (Locust)	Meeting 10	Meeting 11	Meeting 13	Donna
Dwi Pada Pitham (Two Foot Support)	Meeting 10	Meeting 11	Meeting 13	Cheryl
Baddha Konasana (Cobblers Pose)	Meeting 11	Meeting 12	Meeting 14	Pippa
Navasana (Boat)	Meeting 11	Meeting 12	Meeting 14	Gina
Virabhadrasana II (Warrior 2)	Meeting 11	Meeting 12	Meeting 14	Mandy
Sarvangasana (Shoulderstand)	Meeting 12	Meeting 13	Meeting 15	Phil
Utkatasana (Squat)	Meeting 12	Meeting 13	Meeting 15	Dave