

Student Allocations for 1.1a Posture Profile & 1.1b Micro Asana Teaching Lesson Plan & Practice

Please note that I will always aim to keep you on task as each home study sheet will outline what needs to be done by everyone for the next meeting.

Student	Posture	Posture Profile 1 st review	Posture Profile To be completed by	Lesson Plan To be completed by	Teaching Date
Cath Slomka	Prasarita Padottanasana	Feb 13	Mar 13	Apr 13	5 th May 13 Mt 7
Sue Owen	Parsvakonasana	Mar 13	Apr 13	May 13	2 nd June 13 Mt 8
Imogen Field	Trikonasana	Apr 13	May 13	June 13	7 th July 13 Mt 9
Anne Lyons	Bhujangasana	Apr 13	May 13	June 13	7 th July 13 Mt 9
Louise Taylor	Jathara Parivritti	May 13	June 13	July 14	4 th Aug 13 Mt 10
Elizabeth Elliott	Bharadvajasana	May 13	June 13	July 13	4 th Aug 13 Mt 10
Mark Austin	Chaturanga Dandasana	May 13	June 13	July 13	4 th Aug 13

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					Mt 10
Pauline Jones-Roberts	Vrksasana	June 13	July 13	Aug 13	1 st Sept 13 Mt 11
Anita Lyons	Virabhadrasana I	June 13	July 13	Aug 13	1 st Sept 13 Mt 11
Alison Doherty	Supta Padangusthasana	July 13	Aug 13	Sept 13	6 th Oct 13 Mt 12
Therese Green	Adho Mukha Svanasana	July 13	Aug 13	Sept 13	6 th Oct 13 Mt 12
Donna Mottershead	Shalabhasana	Aug 13	Sept 13	Oct 13	3 rd Nov 12 Mt 13
Cheryl Baines	Dwi Pada Pitham	Aug 13	Sept 13	Oct 13	3 rd Nov 12 Mt 13
Pippa Francis	Baddha Konasana	Sept 13	Oct 13	Nov 13	1 st Dec 12 Mt 14

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Georgina Jones-Duddle	Navasana	Sept 13	Oct 13	Nov 13	1 st Dec 12 Mt 14
Mandy Church	Virabhadrasana II	Sept 13	Oct 13	Nov 13	1 st Dec 12 Mt 14
Philip Mottershead	Sarvangasana	Oct 13	Nov 13	Jan 14	2 nd Feb 14 Mt 15
David Mannering	Ukatasana	Nov 13	Jan 14	Feb 14	2 nd Mar 14 Mt 15