**Welcome to Week 6**

In video this week, we will now look at the postures in the sequence. Looking at adaptations and ways to practise to get the full benefit. Please try and look at all adaptations for all postures.

Week 6 is intended to be worked on over one week.

YOUR PRACTISE

1. Continue practising daily, either the short or long practise.

The video on Week 2 shows you a practise of Ashtanga, you can do this with me every day or you can start to modify and get into your own flow. The onus on GoYoga is not on being perfect but rather on having a ‘go’, in a safe and thoughtful way.

This is your basic go-to daily practise. Try and practise for at least 20 minutes a day. We will build on this learn around it and find adaptations, do what you can, do as little or as much as you can.

JOURNAL

1. Continue to journal each day.

I will be asking to see these journals at the end of the course.

ZOOM

1. Our zoom meeting this week will be sent to you, again, it will be recorded too if you miss it. We will be studying further postures and asking you to start to design your practise.

READ

1. Come up with your own short practise. Video this ready to submit.

WRITE

1. Finish your assignment for this module, which is to read the following 2 books:-

Hatha Yoga – Report of a Personal Experience by Theos Bernard

The Upanishads – Try the edition by Juan Mascaro

All are available on Amazon or any good book store.

Please write two 500 word commentaries on both books to be submitted at the end of the course.

LISTEN

1. Start to think about which tunes you would like to practise along with, if you would like music at all that is. Start to assemble a little playlist and please have it ready to submit at the end of this module.
2. Complete the Sanskrit test.

**Time to submit your own designs**

1. **Submit your journal or a quick video of your flicking through the pages.**
2. **Submit your two 500 word commentaries.**
3. **Submit your 20 minute practise plan and your 20 minute video,**
4. **Submit your Sanskrit test.**

**On completion you will be given the Module 1 Completion Certificate and allocated to go to Module 2!**

**Namaste**