**Welcome to Week 4**

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 4 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. Sanskrit and the practise.

READ

1. See if you can learn the Sanskrit words on 26 and 28, this is no mean feat, we will be studying this in Zoom this week!

DESIGN

1. Look out the outline for class design, see you if you can complete the table and start to make your own class designs.

WRITE

1. Continue your assignment for this module 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.

Let’s go!