**REMINDER OF YOUR COURSEWORK**

**FOR MENOPAUSE YOGA ACCREDITED TEACHERS TRAINING COURSE**

Dear teachers, on the website, in your workbook and in your study pack there is an explanation of what coursework needs to be submitted in order to pass this course and receive accreditation that includes a digital badge and certificate from Menopause Yoga, and a digital certificate from the British Wheel of Yoga if you are a member of this UK based organisation.

On the final day of the live sessions, you will be asked to teach a 15-minute mini version of a Menopause Yoga Class. You ***only need to use the contents from your Course workbooks.***

In each section there is a different class for different symptoms that includes specially selected: breathwork, asana, restorative yoga pose and either a mantra or meditation or/ and a poem linked to this class theme or season or stage of life.

**So in your 15 minute Class, you simply choose:**

1. Your theme
2. One breathing technique for this symptom/ theme.
3. Several asana poses for this symptom/theme.
4. The restorative pose for this symptom/theme.
5. Either a poem/ mantra with mudra/ meditation.

You will not have time in this mini 15-minute class to stay in the restorative pose for 10 minutes – you just set up the pose and read your poem/prose etc.

If you are guiding a meditation, you will need to ask your ‘students’ to sit up.’

This is not a test of you teaching ability (we know you can teach already) this is an opportunity for me and the other assessors to see if you have absorbed the content of the course so far. We then give you feedback to help with your final coursework.

**KEEPING A JOURNAL**

1. **Keep your own personal journal during the course** (usually 4 weeks) and note down what you consume each day and how this affects your sleep, energy, emotional and mental state of being. We don’t just consume food and drinks, we also consume physical activity, conversations, media and experiences. This may include some of the conversations that we have during this course that may bring up memories or emotions. Or maybe a video or webinar and book that you read.

If you don’t like writing, you can draw pictures to illustrate each day or keep a voice recording on your phone. You can also use the Balance App available free on the Applestore or at Newson Health. YOU DO NOT SUBMIT YOUR PERSONAL JOURNAL.

1. **Write a summary of insights you have gained during this course.** What have you observed about your habits and behaviours? Do you drink wine and did this impact on your symptoms, sleep and energy the next day? Do you find exercise or yoga or meditation in the evening help you to sleep, or manage symptoms such as anxiety or menorage? What obstacles did you find when keeping a journal? How did you overcome these hurdles? Or did you resist journaling? What did your response to this coursework reveal? PLEASE SUBMIT 1 page A4 of your insights typed NOT handwritten.
2. **What advice would you give to other women** in your menopause workshops to encourage them to keep a Journal/ record of their symptoms? Please base this not just on your own experience but also on the advice provided in the menopause Yoga Book chapter on Self Study. Swadhyaya is a keep concept of yoga and essential for personal self growth and awareness. SUBMIT 1x A4 summary of advice.

2. **Write a 3-hour workshop that includes a 90-minute Menopause Yoga Class.** The workshop can be themed around one of the themes included in the Menopause Yoga Workbook and course. So you could theme it on:

- SYMPTOMS such as hot flushes, or menorage, or anxiety, or insomnia and fatigue, or lifting a low mood and reenergising, or strength and empowerment in Second Spring.

- STAGE: Perimenopause, menopause, postmenopause.

- SEASON; Autumn perimenopause, Winter menopause, Second Spring post menopause.

TIP:

* It is a good idea to write a workshop on something you feel strongly about and connected to. So, if you are feeling anxiety and overwhelm, you can make this your theme.
* Use your Mini Class as the basis of your 90 minute class that you submit as part of your 3-hour workshop plan.

SUBMIT your workshop plan – this must be typed not handwritten. It can include graphic images if you want to illustrate the yoga poses.

You can include POEMS/ PROSE that you find outside of this course, or use the ones provided in the workbook.

PLEASE DO NOT ADD ASANA POSES OR PRANAYAMA that have not been taught on this course. If you choose to add other content after you graduate, that is your choice.

**EXAMPLES:** take a look at the Coursework EXEMPLARS that have been provided by graduates from this course. I’ve given you a few to look at on the website.