**BODY AND SOUL TEACHER TRAINING CENTER**

200 Hour Yoga Teacher Training

**Guidelines for Homework Assignments**

1. What you now know about yoga techniques will grow as you move

 through your training

1. Keep a journal and write your thoughts, feelings and questions and

 anything else you notice

1. Include the following in your journal: any lack of clarity, any thoughts that

 arise positive or negative, and feelings, thoughts and senses which arise

 during in the body/mind during your practice and study time.

Your yoga journey is not black and white, right or wrong….there are many shades of gray in between. Use a fresh approach, use your beginners mind and keep your mind open.

Please review the class schedule at the studio and get an idea of which classes you plan to attend on a weekly basis as part of your curriculum. It is important to attend an average of at least 5 yoga classes per month to stay in touch with your practice.

Please email me at bodyandsoulteachertraining@gmail.com or call or text 352.442.5086 with any questions.

You can also email Susan at sueclairedav@gmail.com or call or text 727.992.1296.

Namaste,

Donna

Lead 500 hour Teacher