**Assignments & Case Studies-Month 8**

* Complete assignment in Self-Development Section on communication skills and possibly start up a woman’s group in your home.
* In *savasana*, place a folded blanket on your belly and describe how this may help a postnatal woman.
* Practice *asanas* from pages 119-144, in the “*Prenatal Kriya Yoga”* book.
* Brainstorm ideas that might attract pregnant women and beyond to your classes.
* Wrap a block in a blanket and design a yoga practice session for mom and baby to do at home. Draw some stick figures and refine the program. Consider making copies to give to students that are near the end of their term. To encourage them to practice at home. Keep a copy in your binder to share at the summation retreat.
* Spend time this month working with breath/body movements in the asana section and making sounds. Review the *mantra* section in the book. Make notes in your workbook under the pictures and possibly think of some new sequences that you can add to your journal and share on retreat.
* Practice Laurice’s postnatal *asana* sequence a few times and write notes in the blank space under each photograph in the *asana* section.
* Listen to the "Additional Prenatal" CD and write cues or draw stick figures for reference to teaching class.
* Write yourself a business plan for the next year (next month we will be looking at the business side as guest speaker Nancy Britton shares her insights) They may change but see what is important to you right now.
* Start to think about what you would like to be covered on retreat and make notes in your journal.