**Assignments & Case Studies-Month 9**

* Complete assignment in Self-Development Section.
* Explore some of the work discussed in the Anatomy section and record your findings in your journal.
* Practice *Kappalabhati pranayama* and record your findings.
* Outline a lesson plan for a 20 minute postnatal yoga class, record it onto a CD or a downloadable file and send it to your advisor.
* After reading the section on "Affirmations in Pregnancy", think of a few for yourself and make a note of them in your journal.
* After reading the Assignments and completing the Study Questions, write a brief essay on how you feel that this course has affected you. What changes have you noticed, if any? What were the most meaningful parts to you? And how do you see yourself moving out into the world with this knowledge and experience? Send this to your advisor.
* Listen to the "Vata Sequence" CD for Month 9. Write important cues next to the pictures that follow.