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| **Week** | **Content** | **Cautions & Modifications**  **or Alternatives** | **Rationale / Benefits** | **Notes** |
| **E.G.** | **Finding your seat in Sukhasana**  **Try using aids**  **Finding natural spinal curve**  **Meditation on Physical Sensation (5 mins)** | **Knee conditions: wedge under thighs, Dandasana**  **Etc.** | **To experiment with possibilities for a ‘seat’**  **Bring comfort and steadiness to body**  **Mindfully move if necessary** | **Reference to PYS ‘Sukha Sthira’** |
| **1.** |  |  |  |  |
| **2.** |  |  |  |  |
| **3.** |  |  |  |  |
| **4.** |  |  |  |  |
| **5.** |  |  |  |  |
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| **Week** | **Content** | **Cautions & Modifications / Props** | **Rationale / Benefits** | **Notes** |
| **8.** |  |  |  |  |
| **9.** |  |  |  |  |
| **10.** |  |  |  |  |