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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.** |  |  |  |  |
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| **Week** | **Content** | **Cautions & Modifications / Props** | **Rationale / Benefits** | **Notes** |
| **8.** |  |  |  |  |
| **9.** |  |  |  |  |
| **10.** |  |  |  |  |