## Plan for a Ten Week Course of Yoga for (Your Name)

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|  | **Theme Philosophy** | **Specific Preparatory practices/postures** | **Main postures** | **Counter poses and winding down** | **Breathing practices** | **Relaxation Meditation** |
| **Week 1*****ADD DATES*** |  |  |  |  |  |  |
| **Week 2*****ADD DATES*** |  |  |  |  |  |  |
| **Week 3*****ADD DATES*** |  |  |  |  |  |  |
| **Week 4*****ADD DATES*** |  |  |  |  |  |  |
| **Week 5*****ADD DATES*** |  |  |  |  |  |  |

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|  | **Theme Philosophy** | **Specific Preparatory practices/postures** | **Main postures** | **Counter poses and winding down** | **Breathing practices** | **Relaxation Meditation** |
| **Week 6*****ADD DATES*** |  |  |  |  |  |  |
| **Week 7*****ADD DATES*** |  |  |  |  |  |  |
| **Week 8*****ADD DATES*** |  |  |  |  |  |  |
| **Week 9*****ADD DATES*** |  |  |  |  |  |  |
| **Week 10*****ADD DATES*** |  |  |  |  |  |  |

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