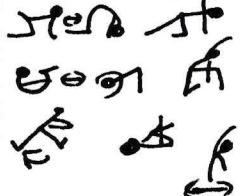
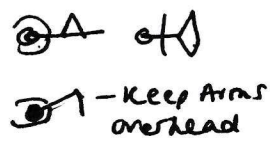
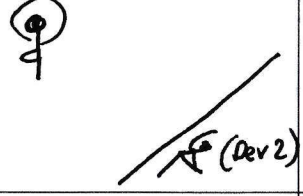


Example: can use words and/or Stick Figures
can hand write or Type - make boxes as big as need.

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

	Theme Philosophy	Specific Preparatory practices/postures	Main postures	Counter poses and winding down	Breathing practices	Relaxation Meditation
Week 1 ADD DATES					Breathing into: 1) Abd. Region 2) Intercostal 3) Clavicular	Progressive Neuromuscular Relaxation (PNR) "Squeeze & Release"
Week 2 ADD DATES	Synchronize Breath & movement				Breathing into: 1) Abd. Region 2) Intercostal 3) Clavicular	Progressive Neuromuscular Relaxation (PNR) "Squeeze & Release"
Week 3 ADD DATES	Link bet. Breath & mind				Full Yogic Breath 	
Week 4 ADD DATES						
Week 5 ADD DATES						