|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Theme / Philosophy** | **Specific Preparatory Practices/Postures** | **Main asana** | **Counter poses** | **Breathing****Practices** | **Relaxation / Meditation** |
| **Week 1*****ADD DATES*** |  |  |  |  |  |  |
| **Week 2*****ADD DATES*** |  |  |  |  |  |  |
| **Week 3*****ADD DATES*** |  |  |  |  |  |  |
| **Week 4*****ADD DATES*** |  |  |  |  |  |  |
| **Week 5*****ADD DATES*** |  |  |  |  |  |  |
| **Week 6*****ADD DATES*** |  |  |  |  |  |  |
| **Week 7*****ADD DATES*** |  |  |  |  |  |  |
| **Week 8*****ADD DATES*** |  |  |  |  |  |  |
| **Week 9*****ADD DATES*** |  |  |  |  |  |  |
| **Week 10*****ADD DATES*** |  |  |  |  |  |  |