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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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*** |  |  |  |  | |  |  |