## 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*****1.09.19*** | The importance of relaxation within yoga: calming the nervous system | MajrasanaPawanmuktanasanaChakki ChalasanaDwi Pad Pitham | SukhasanaSavasana | Easing out of hips, knees and ankles after easy pose | Breathing into hands:* Abdominal region
* Intercostals
* Clavicular
 | Progressive Neuromuscular Relaxation (PNR)‘squeeze & release’ |
| **Week 2*****18.09.19*** | Synchronising breath & movement |  |  |  | Breathing into hands:* Abdominal region
* Intercostals
* Clavicular
 | Progressive Neuromuscular Relaxation (PNR)‘squeeze & release’ |
| **Week 3*****25.09.19*** | The link between the breath and mind |  |  |  | Full Yogic Breath (semi-supine) | PNR using the breath for additional release |
| **Week 4*****ADD DATES*** |  |  |  |  |  |  |
| **Week 5*****ADD DATES*** |  |  |  |  |  |  |

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| **Week 6*****ADD DATES*** |  |  |  |  |  |  |
| **Week 7*****ADD DATES*** |  |  |  |  |  |  |
| **Week 8*****ADD DATES*** |  |  |  |  |  |  |
| **Week 9*****ADD DATES*** |  |  |  |  |  |  |
| **Week 10*****ADD DATES*** |  |  |  |  |  |  |

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