## 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 | Majrasana  Pawanmuktanasana  Chakki Chalasana  Dwi Pad Pitham | Sukhasana  Savasana | 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*** |  |  |  |  |  |  |

Page 2