



Level 3 Diploma in Teaching Yoga (Practitioner) Example 10 week Progressive plan (weeks 1-5 shown)

Week	Opening Phase			Main Phase Name or draw the asana Indicate the order							Ending/Closing Phase	
	Initial Relaxation	Mobilization	Sun Salutes	Standing/Balance	Lateral extension	Flexion	Seated	Extension	Inversion	Rotation	E	C
1	5 mins 	5 mins 	2 rounds & 1 demo 	2 breaths  C: uttanasana	2 breaths  C: other side	2 breaths  C: Cobra	2 breaths  C: wrist mobility	2 breaths  C: apanasana	2 breaths  C: Cobra	2 breaths  C: Other side	5 mins 	Yogic breathing 
2	5 mins 	5 mins 	3 rounds 	2 breaths 	2 breaths 	3 breaths  C: Cobra	3 breaths 	3 breaths 	3 breaths 	3 breaths 	5 mins 	Yogic breathing 
3	5 mins 	5 mins 	3 rounds 	2 breaths 	3 breaths 	3 breaths  C: Cobra	3 breaths 	3 breaths 	3 breaths 	3 breaths 	5 mins 	Nadi sodhana 
4	5 mins 	5 mins 	4 rounds 	3 breaths 	3 breaths 	3 breaths  C: Cobra	4 breaths 	4 breaths 	3 breaths 	4 breaths 	5 mins 	Nadi sodhana 
5	5 mins 	5 mins 	4 rounds 	3 breaths 	3 breaths 	4 breaths  C: Cobra	4 breaths 	4 breaths 	4 breaths 	4 breaths 	5 mins 	Nadi sodhana 