

Name _____ Main Goal _____

Session 1

Main Focus	
Asanas to include	
Breath focus	
Relaxation/ Meditation	
Other	
Homework	

Session 2

Main Focus	
Asanas to include	
Breath focus	
Relaxation/ Meditation	
Other	
Homework	

Name _____ Main Goal _____

Session 3

Main Focus	
Asanas to include	
Breath focus	
Relaxation/ Meditation	
Other	
Homework	

Session 4

Main Focus	
Asanas to include	
Breath focus	
Relaxation/ Meditation	
Other	
Homework	