*Topic/Title of Eight Weeks:*

*Location and Time:*

***Week One***

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week Two***

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week Three***

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week Four***

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week Five:***

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week* *Six*:**

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week Seven:***

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*

***Week* *Eight*:**

*Theme:*

*Breath:*

*Warm ups:*

*Asana:*

*Closing:*