

Samyoga Institute

Eight-Week Lesson Plan Outline

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: _____

Samyoga Institute

Eight-Week Lesson Plan Outline

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: _____