



Foundation level practice plan
15 weeks - Two sessions per week

Week	Day & Time	Session	Completed
1		Foundation Session 1	
1		Foundation Session 2	
2		Foundation Session 2	
2		Foundation Session 2	
3		Foundation Session 3	
3		Foundation Session 4	
4		Foundation Session 4	
4		Foundation Session 4	
5		Foundation Session 2	
5		Foundation Session 5	
6		Foundation Session 5	
6		Foundation Session 6	
7		Foundation Session 6	
7		Foundation Session 6	
8		Foundation Session 4	
8		Foundation Session 7	
9		Foundation Session 7	
9		Foundation Session 6	
10		Foundation Session 8	
10		Foundation Session 8	
11		Foundation Session 6	



Forceful Tranquility

11		Foundation Session 7	
12		Eye exercise session	
12		Foundation Session 9	
13		Foundation Session 9	
13		Foundation Session 10	
14		Foundation Session 4	
14		Foundation Session 9	
15		Foundation Session 10	
15		Foundation Session 10	

How to use this practice plan:

Print it out. Decide in advance on when you are going to practice. Note day and time in the corresponding column. When you have done the session, mark it as complete.