Possible Experiences	Intended Outcomes	Activities	Progression	Benefit
Being guided through Yogic Practices	Achieve proficiency in practice	Reception: sitting in stillness	Brain Yoga	Brain Yoga: balancing of left and right sides of the brain (supporting harmonious development of creativity and logic); developing flexibility in the lower body; and strengthening thigh muscles. Stillness: develops mental alertness and ability to be still and quiet without external input
	Experience benefits of continued	Year 1: Upa Yoga and Thoppukarnam (Brain Yoga)	Year 1 progress to Advanced Upa Yoga	As above for Brain Yoga, plus Upa Yoga: balance, coordination, focus, lubricates the joints
	extended periods of time	Year 2: UpaYoga/Surya Shakti/Nadi Shuddhi	Year 2: increase number of Surya Shakti cycles; improve alignment and speed; ability to practice cycles at their own individual speed without guided instructions	As above for Upa Yoga, plus Surya Shakti: strengthening the ligaments and tendons, further improved coordination, mental balance, loosens and relaxes muscles while improving flexibility; great aerobic workout for increased fitness and stamina. Nadi Shuddhi: a breathing practice to balance the mental process and generate a deeper sense of relaxation in the body. Nadi Shuddhi: a breathing practice to balance the mental process and generate a deeper sense of relaxation in the body
		Year 3/4/5: Surya Shakti/ Anga Mardana/Nadi Shuddhi	Year 3/4/5: increase cycles of Surya Shakti and of Anga Mardana; improve alignment and speed; ability to practice cycles at their own individual speed without guided instructions	As above for Surya Shakti, plus Anga Mardhana: advanced aerobic workout, strength, further increased stamina, tenacity, resilience, mental balance, dynamic flexibility for all the major muscle groups; prevents the rigidity in the joints that happens with age
Q and A sessions	Understanding why practice of yoga is beneficial	Mimic circle time format by passing the opportunity to ask questions around the circle	On to more and more advanced ideas and ways of understanding	Competency to explain reasons why we practice to non-practitioners
	Understanding concepts surrounding yoga	Sharing with the group about personal experiences from yoga and its effects	Looking at scientific research that has been done on various forms of yogic practices	Being consciously aware and at ease as to the mind/body benefits they experience from yoga to better perform everyday tasks with greater focus, attention, stamina and effortlessness, combined with superior health and flexibility; and therefore feeling comfortable with their yoga practice even if others within the local community do not practice yoga.
Sitting in Stillness and Silence	Physical and mental self assessment	Timed stillness, No more than 1 to 5 minutes	Sitting for longer if comfortable	Increased ability of the brain to function effectively; understanding mental and emotional process on a deeper level, leading to increased awareness and an improved ability to respond effectively to situations as opposed to simply 'reacting', enabling more harmonious relationships with family, community, friends
Watching videos or discourse on yoga, its research, history and relevance in modern society	Learning about the history, science and aesthetics of yogic culture	Celebrating significant festivals from around the world	Drama, music, art to support celebrations	Learning thorough play and drama. Creativity, learning to live in a larger world
	Learning how yoga as a scientific tool can bring a significant contribution to our lives, irrespective of creed, culture, religion	Watching videos with a scientific basis on the impact of yoga on physical and mental health; placing yoga in the context of Tooro life and culture	Traveling/Exchange programs with honorable institutions	Expanded knowledge of the outside world and its cultures, an open mind