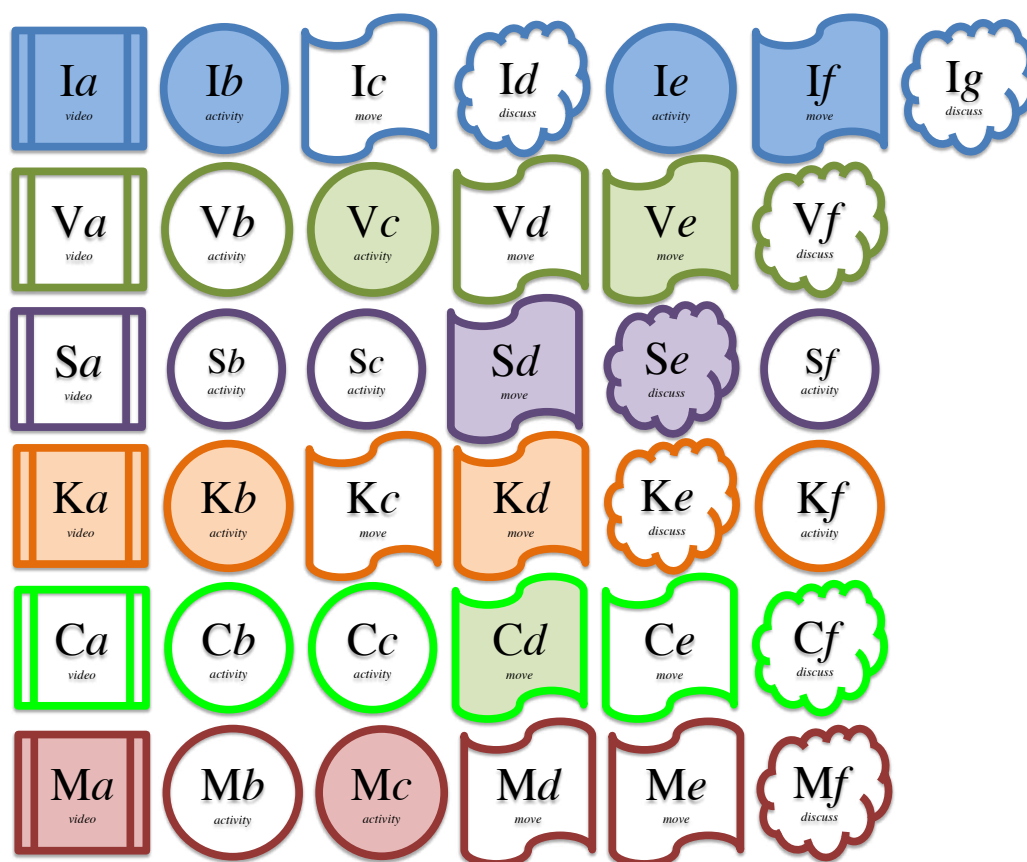


# In the Dancer's Mind : Sample Session Plans

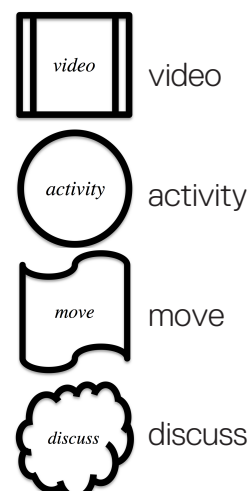
## Six ninety minute sessions



This plan uses all thirty-seven exercises, with a single session for each Target.

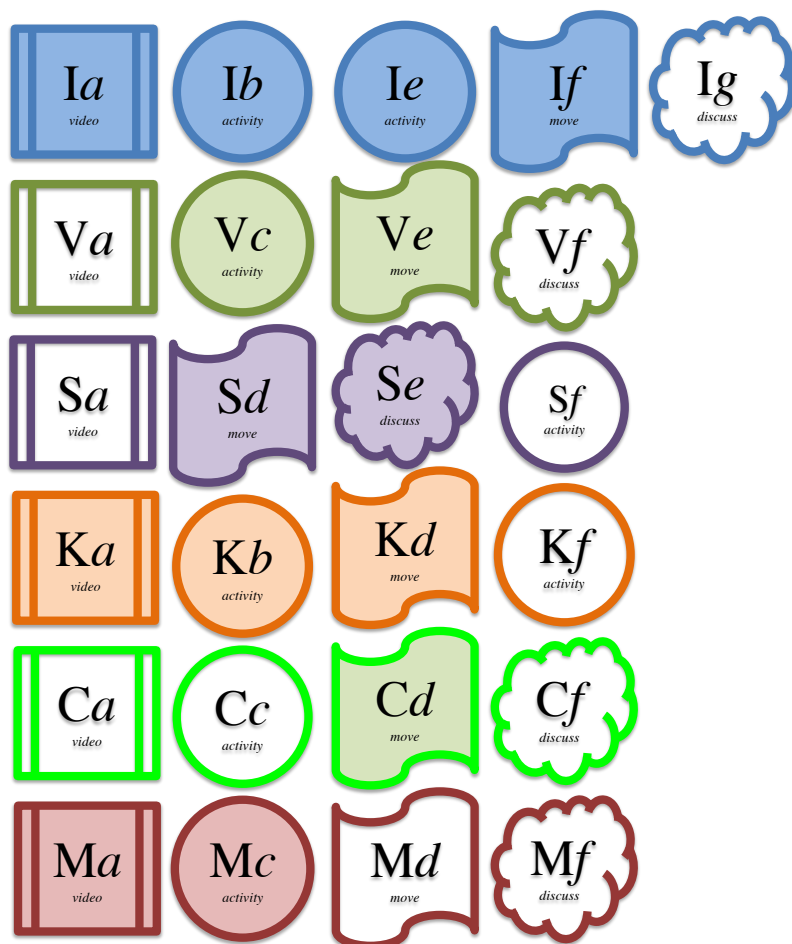
The following plans successively reduce the number of exercises, and change their order, to fit different timetables. All sessions begin with a video, and include at least one Move exercise.

All exercises within a target share a capital letter, and the italic letter indicates their order within the Exercise Pack. The filled icons indicate Key exercises.



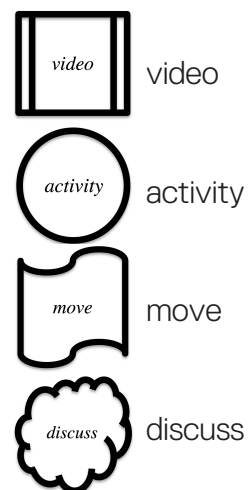
# In the Dancer's Mind : Sample Session Plans

## Trinity-Laban's Six sessions



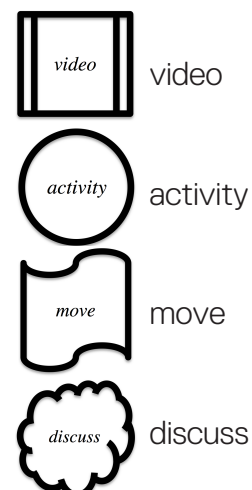
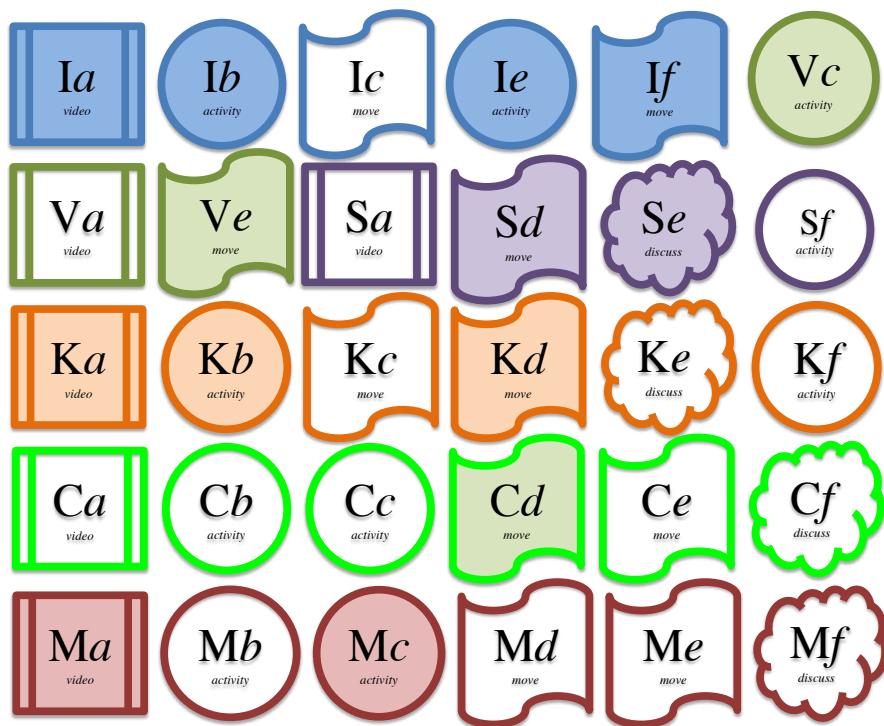
This plan has been agreed for use at Trinity-Laban.

All sessions begin with a video, and include one Move exercise.



# In the Dancer's Mind : Sample Session Plans

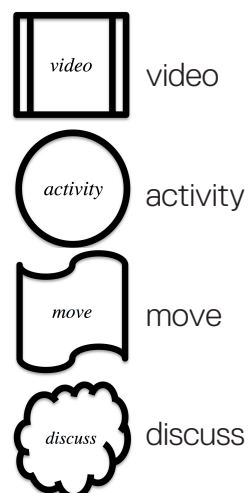
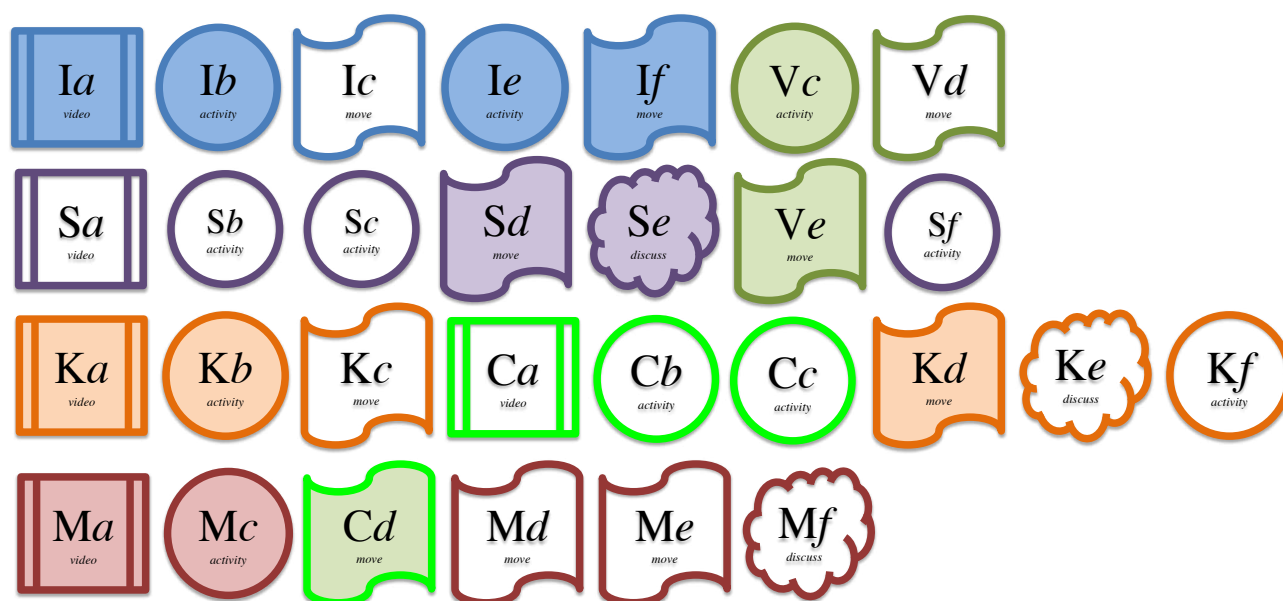
## Five ninety minute sessions



All exercises within a target share a capital letter, and the italic letter indicates their order within the Exercise Pack. The filled icons indicate Key exercises.

# In the Dancer's Mind: Sample Session Plans

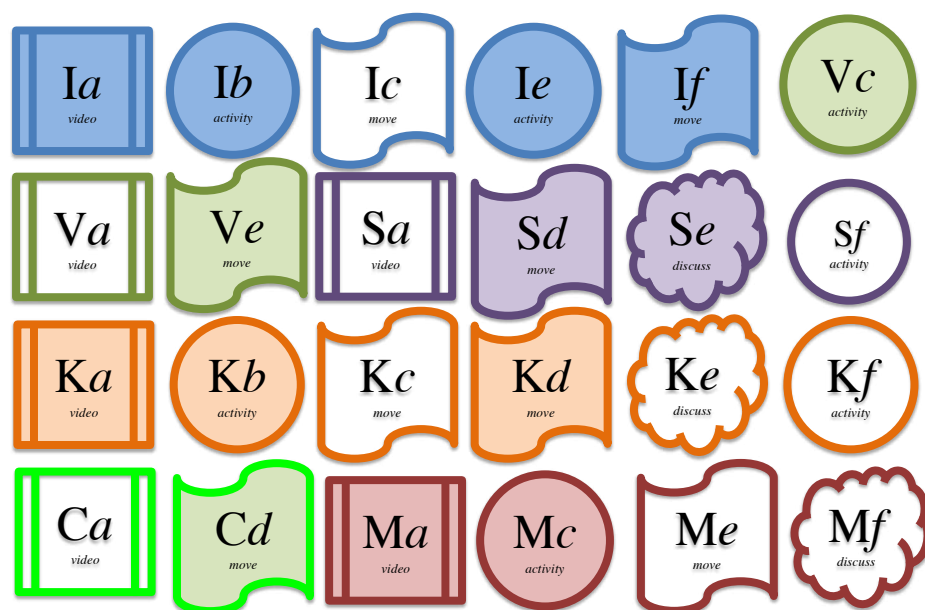
## Four two-hour sessions



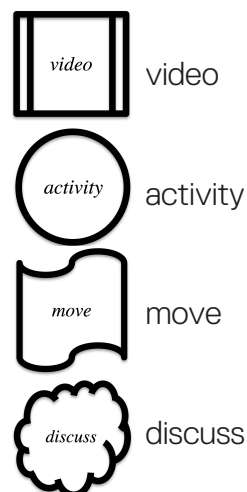
All exercises within a target share a capital letter, and the italic letter indicates their order within the Exercise Pack. The filled icons indicate Key exercises.

# In the Dancer's Mind : Sample Session Plans

## Four ninety minute sessions

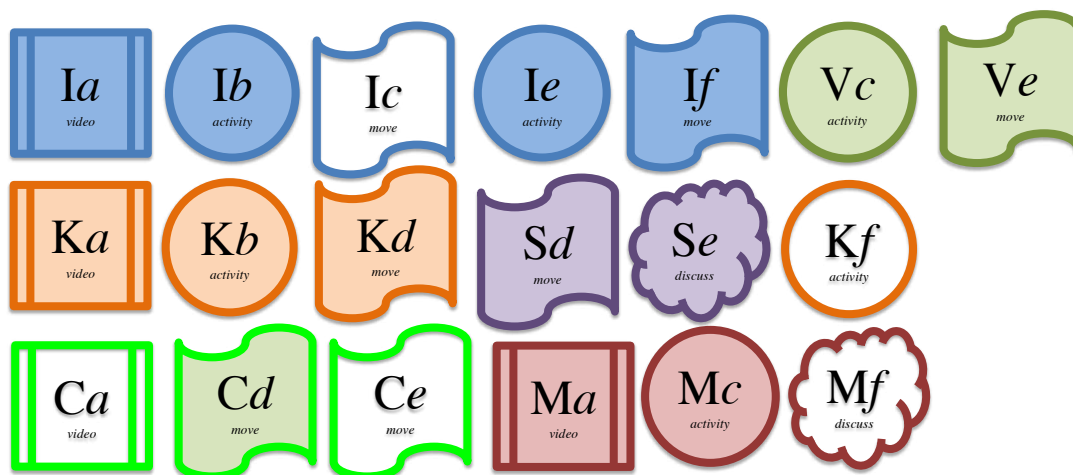


All exercises within a target share a capital letter, and the italic letter indicates their order within the Exercise Pack. The filled icons indicate Key exercises.

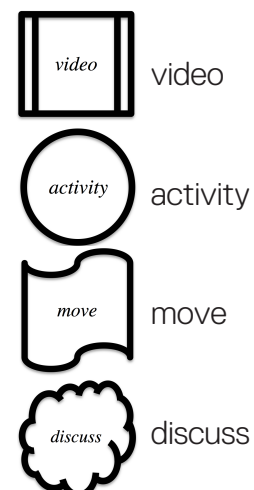


# In the Dancer's Mind : Sample Session Plans

## Three two-hour sessions

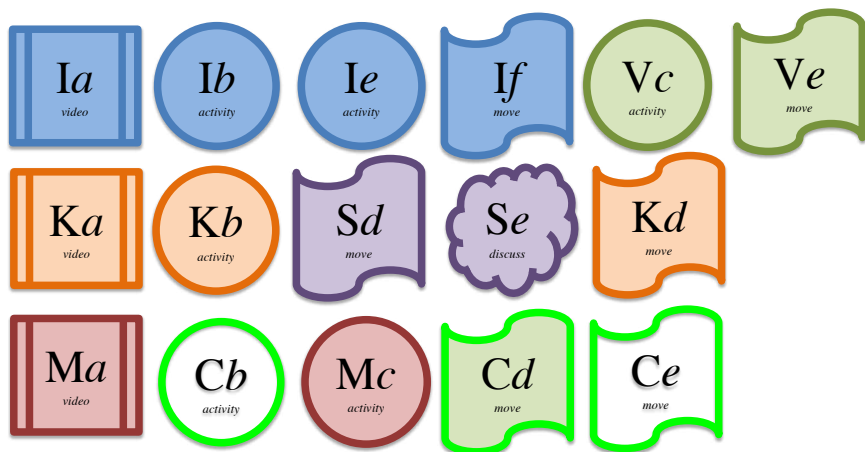


All exercises within a target share a capital letter, and the italic letter indicates their order within the Exercise Pack. The filled icons indicate Key exercises.

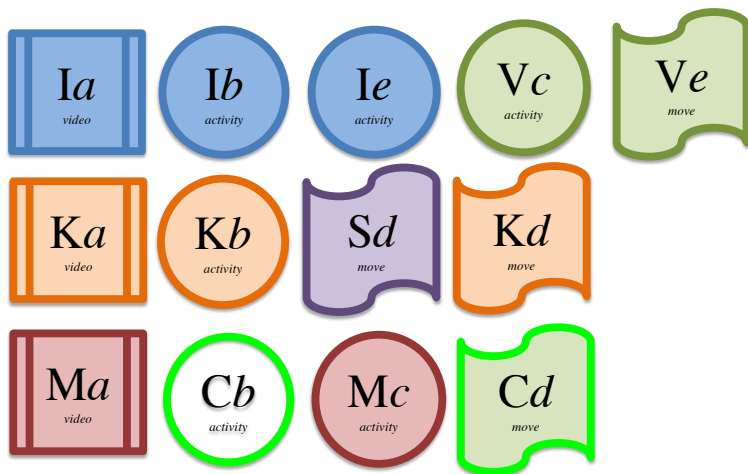


# In the Dancer’s Mind : Sample Session Plans

## Three ninety minute sessions



## Three one-hour sessions



All exercises within a target share a capital letter, and the italic letter indicates their order within the Exercise Pack. The filled icons indicate Key exercises.

