



Autogenic Training



with Ian Ross

Provisional Schedule for
Zoom
Autumn Autogenic Group

Starting on Wednesday, 16th September 2020

Session	day of week	date	Time
2020			
I	Wednesday	16 th September	6.00 p.m.**
II	Wednesday	23 rd September	6.00 p.m.
III	Wednesday	30 th September	6.00 p.m.
IV	Wednesday	7 th October	6.00 p.m.
V	Wednesday	14 th October	6.00 p.m.
VI	Wednesday	28 th October	6.00 p.m.
VII	Wednesday	4 th November	6.00 p.m.
VIII	Wednesday	11 th November	6.00 p.m.
IX	Wednesday	18 th November	6.00 p.m.
continuing practice			
2021			
X	Wednesday	3 rd February	6.00 p.m.

**Each session lasts approximately two hours.

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5th July, 2020