



Autogenic Training

*with Ian Ross*

Provisional Schedule for  
Zoom  
Autumn Autogenic Group

**Starting on Wednesday, 16<sup>th</sup> September 2020**

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

\*\*Each session lasts approximately two hours.

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5<sup>th</sup> July, 2020