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This next section will be done on the DDP YOGA NOW App under that Tracker section.

1a. Take six pictures of yourself as shown on the DDPY App, 1b. Record

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Starting weight, Current weight & Goal weight, 1c. Take measurements as instructed, 1d. Record your Pain levels, *1e. through 1g. are optional 1e. Get your Blood Pressure taken, 1f.

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decade, DDP has refined his program and has become a master at teaching it to others, as well as motivating individuals to believe that anything is possible with dedication and hard work.

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Go to the back pages of this guide and write down your weight and measurements. Start off slowly and set realistic, Achievable goals. This will help to build your confidence. as you achieve milestones along the way.

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Then make sure your goal is Compatible to your lifestyle. Maybe you decide to do three DDP Yoga workouts a week.

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You'll learn about Dynamic Resistance and how to jack up your heart rate to reach your fat burning potential

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13 Week workout grid Phase
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approved by DDPI is face-to-face and can be provided in a range of ways. Each 28-hour Level One (Introductory) and 28-hour Level Two (Advanced) training can be provided over 4 consecutive days, in

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2 sets of 2 days, in 4 separate days or using a combination of these. From August 2020 virtual training was agreed as an option ...

About Training - DDP Network
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approach and model for practice that uses what we know about attachment and developmental trauma to help children and families with their relationships.

Developing trust with the help of PACE , DDP provides

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interventions for families and those who support them.

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DDP Yoga is a revolutionary system that will greatly improve your core strength conditioning, flexibility and cardiovascular endurance...all with minimal joint impact. You read that correctly... “MINIMAL JOINT

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IMPACT” This means that almost everyone can benefit from DDP Yoga, from the clinically obese, to those struggling with injuries, to the professional athlete.

Personal Training and DDP

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Yoga for All Fitness Levels

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However, yoga does count as a strengthening exercise, and at least 2 sessions a week will help you meet the guidelines on muscle-strengthening activities.

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Activities such as yoga and tai chi are also recommended for older adults at risk of falls, to help improve balance and co-ordination. Try our yoga workout videos in our Fitness Studio.

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