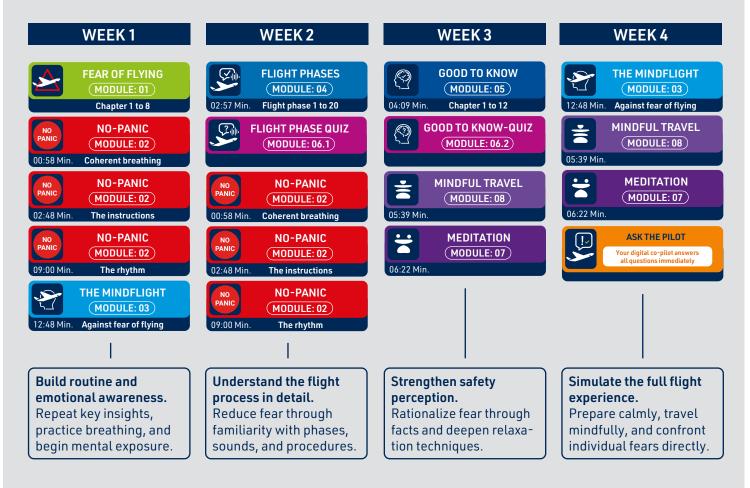
Fear of flying training plan 4-week programme

Recommended: 3-4x per week for 15-20 minutes each

Aim: Long-term desensitisation, deepening of knowledge, routine development.

Week contents & recommendations:



Optional long-term training (after 4 weeks)

Before every flight:

- Stress-Free Flight Preparation
- 3 min coherent breathing
- Listen to head flight
- Meditation 'body flight'
- Ask pilot questions individually

1x per week:

- Module 04 or 05 as a refresher
- Quiz for repetition



How to prepare for your flight calmly and confidently

