



YOGA CLASS PLANNER



Notes

A series of horizontal dotted lines for writing notes.





YOGA CLASS PLAN

Date: _____

Class _____

Venue: _____

Duration: _____

Theme / Intention

Greeting, Introduction

.....

Personal Story, Theme, Mantra

.....

Quote, Reading

.....

Peak Postures

Peak

Mods

Prep

Props

- ☐ Blocks
- ☐ Strap
- ☐ Blanket
- ☐ Bolster
- ☐ Chair

Reflections

What worked well? What could have been better?

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Class Outline

Integration, Pranayama, Meditation

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Warm-Up:

- ☐ Spine, Neck
- ☐ Wrists, Ankles
- ☐ Shoulders, Hips

Sun Salutation A

.....

Sun Salutation B

.....

Twist Series

.....

Balancing Series

.....

Core

.....

Inversions

.....

Backbends

.....

Restore, Relaxation, Yin

.....

Savasana

.....

Closing, Announcements

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Student Feedback

Attendance: _____

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Notes

A series of horizontal dotted lines for writing notes.





YOGA PRACTICE

Date:

Class

Venue:

Duration:

Class Details

Greeting, Introduction

Personal Story, Theme, Mantra

Quote, Reading

Peak Postures

Peak

Mods

Prep

Props

☐ Blocks

☐ Strap

☐ Blanket

☐ Bolster

☐ Chair

Reflections

How did the practice feel? What did you learn?

Class Outline

Integration, Pranayama, Meditation

Warm-Up:

☐ Spine, Neck

☐ Wrists, Ankles

☐ Shoulders, Hips

Sun Salutation A

Sun Salutation B

Twist Series

Balancing Series

Core

Inversions

Backbends

Restore, Relaxation, Yin

Savasana

Closing, Announcements

Feedback from Teacher