

# YOGA CLASS PLANNER



# Notes



Personal Story, Theme, Mantra  Warm-Up: Spine, Neck Wirsts, Ankles Shoulders, Hips Sun Salutation A  Sun Salutation B  Peak  Peak  Mods  Balancing Series	YOGA CLASS PL <i>i</i>	Date:	
Integration, Pranayama, Meditation		Venue:	
Integration, Pranayama, Meditation	Theme / Intention		Class Outlin
Personal Story, Theme, Mantra  Warm-Up: Spine, Neck Winsts, Ankles Stouders, Hips Sun Salutation A  Sun Salutation B  Twist Series  Twist Series  Peak  Mods  Prep  Props  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin	Greeting, Introduction	Integration, Pranayama, Meditai	
Personal Story, Theme, Mantra    Spine, Nack     Wrists, Ankles     Shoulders, Hips     Sun Salutation A     Sun Salutation B     Peak Postures     Peak Postures     Peak Postures     Props     Ospine, Nack     Wrists, Ankles     Shoulders, Hips     Sun Salutation B     Twist Series     Balancing Series     Core     Inversions     Backbends     Backbends     Backbends     Restore, Relaxation, Yin     Restore, Relaxation, Yin     Contact     Conta			
Duote, Reading  Peak Postures  Sun Salutation A  Sun Salutation B  Twist Series  Trap  Core  Inversions  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin		Warm-Up:	
Duote, Reading  Peak Postures  Sun Salutation A  Sun Salutation B  Twist Series  Peak  Mods  Props  Core  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin	Personal Story, Theme, Mantra	Spine, Neck	
Peak Postures  Peak  Mods  Prep  Props  Inversions  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin		Wrists, Ankles	
Peak Postures  Peak  Mods  Prep  Core  Inversions  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin		Shoulders, Hips	
Peak Postures  Twist Series  Tourist Series  Balancing Series  Core  Core  Inversions  Backbends  Backbends  Backbends  Backbends  Backbends  Backbends  Restore, Relaxation, Yin	Quote, Reading	Sun Salutation A	
Peak  Mods  Balancing Series  Core  Core  Inversions  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin		Sun Salutation B	
Peak  Mods  Balancing Series  Core  Core  Inversions  Inversions  Backbends  Backbends  Backbends  Restore, Relaxation, Yin			
Mods Prep  Core  Blancing Series  Inversions  Inversions  Balancing Series  Balancing Series  Core  Restore, Relaxation, Yin	Peak Postures	Twist Series	
Props  Core  Props  Inversions  Blackbends  Blanket  Bolster  Chair  Restore, Relaxation, Yin	Peak		
Props  Inversions  Inversions  Blocks  Strap  Blanket  Bolster  Chair  Restore, Relaxation, Yin	Mods	Balancing Series	
Props  Inversions  Strap  Blanket  Bolster  Chair  Restore, Relaxation, Yin	Prep		
<ul> <li>○ Blocks</li> <li>○ Strap</li> <li>○ Blanket</li> <li>○ Bolster</li> <li>○ Chair</li> <li>Backbends</li> <li>Backbend</li></ul>		Core	
<ul> <li>○ Blocks</li> <li>○ Strap</li> <li>○ Blanket</li> <li>○ Bolster</li> <li>○ Chair</li> <li>Backbends</li> <li>Backbend</li></ul>	During		
Strap  Blanket  Bolster  Chair  Backbends  Restore, Relaxation, Yin	Props	Inversions	
Blanket  Bolster  Chair  Restore, Relaxation, Yin	O Blocks		
<ul> <li>○ Blanket</li> <li>○ Bolster</li> <li>○ Chair</li> <li>Restore, Relaxation, Yin</li> </ul>	○ Strap		
Chair Restore, Relaxation, Yin	Blanket	245.155.155	
Restore, Relaxation, Yin	O Bolster		
Reflections	O Chair	Restore, Relaxation, Yin	
Reflections			
	Reflections	Savasana	
What worked well? What could have been better? Closing, Announcements		Closing, Announcements	

# Notes



<b>YOGA PRACTICI</b>		
Class Details	Venue:	
Class Dataile		Class Outlin
Class Details  Greeting, Introduction	Integration, Pranayama, Medi	Class Outlin
Greeting, introduction	integration, Franayama, Medi	lation
	Warm-Up:	
Personal Story, Theme, Mantra	Spine, Neck	
	Wrists, Ankles	
	Shoulders, Hips	
Quote, Reading	Sun Salutation A	
	Sun Salutation B	
Peak Postures	Twist Series	
Peak		
Mods	Balancing Series	
Prep		
	Core	
Props	Inversions	
Blocks		
O Strap	Backbends	
O Blanket		
O Bolster		
Chair		
Reflections	Savasana	
How did the practice feel? What did you lear	n? Closing, Announcements	