

## Y7 WeFlowHard™ Classplan

Class Theme: \_\_\_\_\_

### Opening/Warm-Up

| Poses | Songs |
|-------|-------|
|       |       |
|       |       |
|       |       |

- Finish 5 min in class
- Always start in supine position
- No lyrics in opening song
- 

### Flow #1

| Poses (2-3 Max)           | Songs         |
|---------------------------|---------------|
| Downward Dog              | Alignment:    |
|                           | Alignment:    |
|                           | Alignment:    |
|                           | OBOM:         |
|                           | FOYO (2 min): |
| Standing Front of the Mat |               |
| Chatturunga Breakdown     |               |

- Finish 15 Minutes into class
- Variation of Sun Salutation A

### Mini-Burn #1

| Pose (One Pose) | Song (One Minute) |
|-----------------|-------------------|
|                 |                   |

- Make sure pose is easy to cue
- Purpose is to get the class on the same page

### Flow #2

| Poses (5-7 Poses) | Songs         |
|-------------------|---------------|
|                   | Alignment:    |
|                   | Alignment:    |
|                   | Alignment:    |
|                   | OBOM:         |
|                   | FOYO (3 min): |
|                   |               |
|                   |               |
|                   |               |

- Finish around 30 min into class
- Strong standing postures and maybe some balancing
- Include variations for all levels

### Optional Mini Burn #2

| Pose | Song |
|------|------|
|      |      |

### Flow #3

| Poses (8 Poses Maximum) | Songs           |
|-------------------------|-----------------|
|                         | Alignment:      |
|                         | Alignment:      |
|                         | Alignment:      |
|                         | OBOM:           |
|                         | FOYO (3 ½ min): |
|                         |                 |
|                         |                 |
|                         |                 |
|                         |                 |

- Finish 45 minutes into class
- Strong standing and flying postures
- No more than 3 balances on one foot
- Always include variations to spice it up and to cool it down

### Restore

| Restorative Pose | Song |
|------------------|------|
|                  |      |

- Dharma that inspires us for the upcoming Slow Burn •

### Slow Burn

| 3 Strong Core Moments/One Min Each | Song  |
|------------------------------------|---|
|                                    |   |
|                                    | *Strong beat driven song. Easy to be heard* |
|                                    |   |

- Little verbal cuing for more dharma focus • Emotional AND physical peak •

### Cool Down/Savasana

| Poses    | Songs                       |
|----------|-----------------------------|
|          | Cool Down:                  |
|          | Savasana:                   |
|          | Savasana song has no lyrics |
| Savasana |                             |

### Things To Remember

- Class must be All-Levels
  - Multiple variations that either cool or spice a pose
- All flows connect easily to OBOM
  - Should be able to connect with little to no cuing in OBOM
  - No unsteady big hip transitions
  - Mindful of too many foot repositions in a single flow
- Music builds in each flow