

# Yoga Sequence Generation Task

---

You are generating a yoga sequence that will be formatted according to two templates:

1. GENERATION INSTRUCTIONS: Use these parameters to create the sequence:

- Level: {level}
- Duration: {duration}
- Focus: {focus}
- Style: {style}
- Props needed: {props}
- Contraindications: {contraindications}

The sequence should follow this concept: {CONCEPT}

Time allocation:

- Centering and Breath Awareness (5% of {duration})
- Warmup and Joint Mobilization (15% of {duration})
- Main Sequence (65% of {duration})
- Cooldown (10% of {duration})
- Final Relaxation (5% of {duration})

For each pose, include:

- Sanskrit and English names
- Duration/breath count
- Key alignment cues
- Level-appropriate modifications

2. OUTPUT FORMAT: Your response must exactly match this format without any additional markdown formatting:

## {style} Yoga Sequence - {focus}

---

### Overview

{CONCEPT}

### Details

- **Level:** {level}
- **Duration:** {duration}
- **Props Required:** {props}
- **Contraindications:** {contraindications}

### Sequence

[Generate the sequence content here, using this structure for each section:]

[Section Name] ([Duration])

- [Pose Name (Sanskrit Name)]
  - Duration: [Time or Breath Count]
  - Cue: [Key Alignment Points]
  - Modification: [Level-appropriate modifications]

Remember:

1. Create a well-structured sequence suitable for {level} practitioners
2. Emphasize poses and transitions that target {focus}
3. Include clear transitions between poses
4. Ensure proper warmup and cooldown phases
5. Do not include any markdown formatting symbols (like ```) in your response

Generate the complete sequence now, following the output format exactly: