

Create a Vinyasa Class Plan

Intention: Skill in Action – Intelligent Sequencing

To cultivate a safe and smart practice in which students can move forward on all levels through the limbs of yogic practice.

Physical Theme

- What physical actions will be the focus in the class?
- What is the Peak Pose you'd like to work towards?

Philosophical Theme

- What message would you like to convey?

Contemplation

- Use the Stories, Insights, & Anecdotes to add a quote, poem, personal story, season, or current event.
- Relate to students to add this content into context.

Key Actions and Component Parts

- What key actions are required to do the Peak Pose?
- What actions will warm up, stretch and/or strengthen, and educate within the leading poses for the Peak Pose?
- These actions/component parts will also be “reversed” for cooling postures.
- What key actions relate to the Philosophical Theme?

Blueprint

Using Peak Pose and Key Actions, add the following:

- Leading Poses
using Key Actions these poses will build to Peak Pose
- Gateway Pose
posture(s) that clearly identify if student is ready to move further along the practice

towards the Peak Pose -at which point, if not ready, could become the alternative Peak Pose.

- **Cooling Poses**

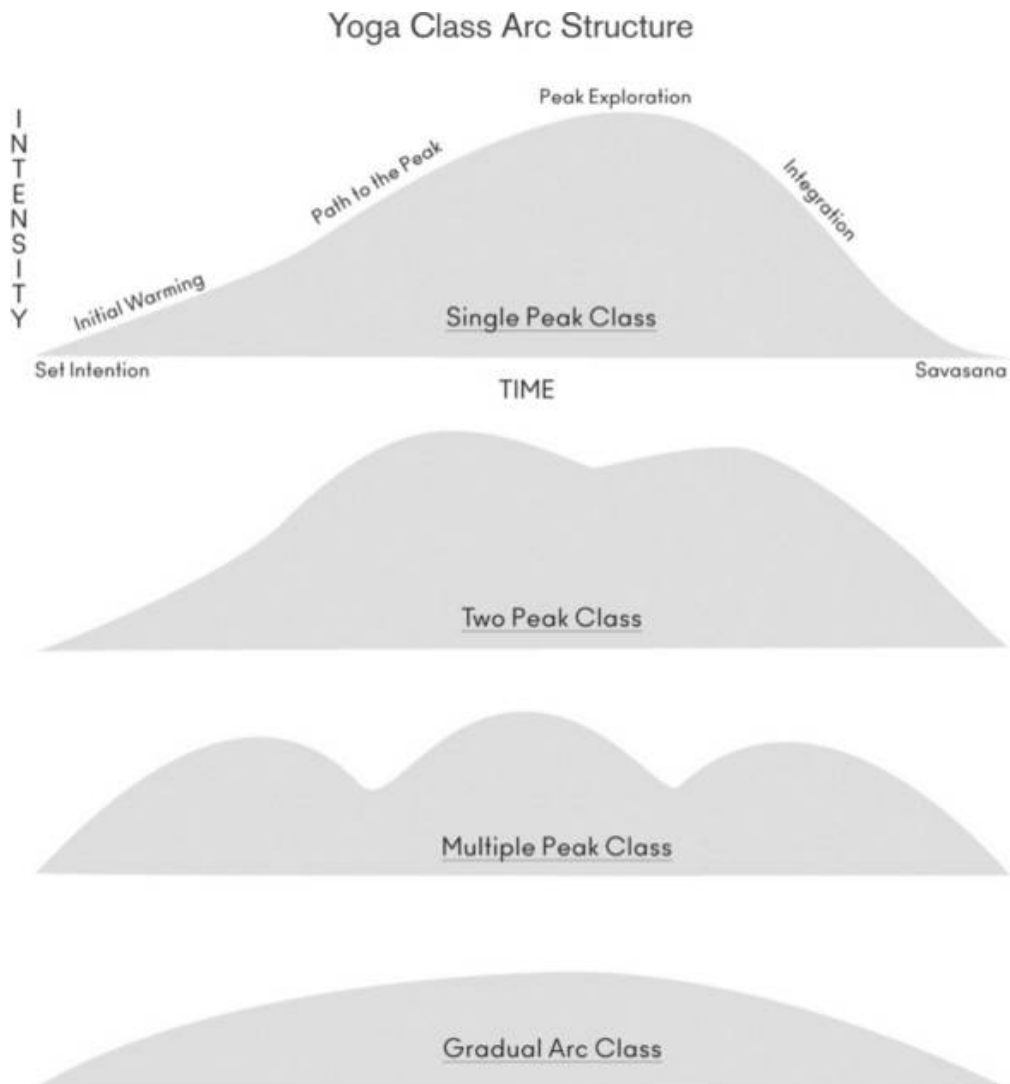
designed to transition out of and to unwind and neutralize the body after peak pose has been practiced.

Class Sequence

Keeping the filled in template in mind, write or draw your class sequence.

Class Arc

A valuable tool to teach composure and equanimity; how long to hold postures so that one is warmed up and has established appropriate body awareness.



PRACTICE

Physical Theme _____

Philosophical Theme _____

Peak Pose _____

Key Actions/Component Parts _____

Leading Pose(s) _____

Gateway Pose(s) _____

Cooling or Releasing Poses _____

Draw an Arc depicting design of class

PEAK POSE

Date:

CONTEMPLATION
Stories, Insights, Anecdotes

Physical Theme

Philosophical Theme

BLUEPRINT

Leading Poses

Gateway Poses

Releasing/Cooling
Poses

CLASS SEQUENCE

PLAYLIST

KEY ACTIONS/COMPONENT PARTS

CLASS ARC

NOTES

PEAK POSE

Date:

BLUEPRINT

SEQUENCE

PLAYLIST

Leading Poses

Gateway Poses

Releasing/Cooling Poses

CLASS ARC

CONTEMPLATION
Stories, Insights, Anecdotes

Physical Theme

Philosophical Theme

KEY ACTIONS/COMPONENT PARTS

NOTES