



# Class Sequencing Worksheet

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**Type of Class:**

**Level:**

**Season:**

**Class Theme:**

**Peak Asana(s):**

**What needs to be open?**

**What needs to be stable?**

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**How is the yogic process initiated? Time: 5-10 minutes**

**How is the body generally warmed? Time: 5-20 minutes**

**What is the further pathway to the peak? Time: 15-30 minutes**

**Anticipatory elements:**

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# Class Sequencing Worksheet

	Preparatory Asana	Relationship to Previous and Subsequent Asanas
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

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**How is the peak explored?** Time: 5-15 minutes

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**How is the practice integrated?** Time: 15-30 minutes  
**Peak Pratikriyasana:**

**General Deeper Release:**

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