CLASS SEQUENCING WORKSHEET
By Mark Stephens
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GENERAL CLASS ELEMENTS

Type of Class: ____________________  Level: ____________________  Season ____________________

Class Theme: ________________________________________________________________

Peak Pose(s): _________________________________________________________________

What needs to be open?
___________________________________________________________

What needs to be stable?
___________________________________________________________

HOW IS THE YOGIC PROCESS INITIATED? (Time: 5-10 minutes)
___________________________________________________________

HOW IS THE BODY WARMED? (Time: 5-20 minutes)
___________________________________________________________

WHAT IS THE PATHWAY TO THE PEAK? (Time: 15-30 minutes)
Anticipatory Elements: ______________________________________________________

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<tr>
<th>PREPAPARTORY ASANAS</th>
<th>RELATIONSHIP TO PREVIOUS &amp; SUBSEQUENT ASANAS</th>
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HOW IS THE PEAK EXPLORED? (Time: 5-15 minutes)


HOW IS THE PRACTICE INTEGRATED? (Time: 15-30 minutes)

Peak Pratikriyasana:

General Deeper Release:

ADDITIONAL ELEMENTS

Pranayama? (Time: 1-45 minutes)

Meditation? (Time: 1-45 minutes)

Other: