

APPENDIX

Class Planning Worksheets

Version 1 (General)

Venue: _____

Attendees/target audience: _____

Class length: _____

Purpose or theme: _____

Mindfulness attitudes or elements of focus: _____

Other notes: _____

Beginning Sequence _____

Middle Sequence _____

Ending to Closing Sequence _____

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Version 2 (Specific)

Venue: _____

Attendees/target audience: _____

Class length: _____

Purpose or theme: _____

Mindfulness attitudes or elements of focus: _____

Other notes: _____

Beginning Sequence

Start on the floor for stretching and breathing: _____

Continue stretching: _____

Invite participants to their feet: _____

Standing stretches/beginning movement: _____

Explore the space/movement: _____

Energy-stirring song/connecting with others: _____

Middle Sequence

Invitation to the deeper work: _____

Sequence into deeper work/release: _____

Second song (if needed): _____

Reflective song: _____

Ending to Closing Sequence

Option:

Stay reflective or bring the energy back up (one to two songs):

Final song on feet: _____

Transition back to ground: _____

Final relaxation: _____

Closing Sequence/Statement

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