

Level II – Class/Workshop Plan

Name _____

Date _____

Before the Session:

What is the population of this class or workshop? Who is your target audience? How did you market it?

What is your intention for this class/workshop?

What is your Plan?

To be filled out after the session, however, you might wish to use a copy of this form to help you plan your workshop/class.

How did you create a Safe Container?

Was there a check-in period? If so, did your plan change based on new information? If so, how?

What was your centering strategy?

How did you introduce intention/affirmation (sankalpa) and visualization (bhavana) into the class/workshop?

Warm-ups

Asana

Specific Pranayama/Kriya during Asana

Specific Mantras?

Specific Mudras?

If this was a workshop, was there a didactic piece? How long and at what point/s in the workshop?

If this was a workshop, was there an emotional process piece?

If so, please describe how you lead it, including the take-home theme, whether there was writing, small group sharing, partner sharing, and/or large group sharing.

How did you maintain the safe container during this piece?

How did you ensure closure for each participant?

Did you lead Savasana or Yoga Nidra? If so, describe.

Did you lead a meditation? If so, describe.

Were there follow-up suggestions? Home practice?