Template for Lesson Plans

Class Title, Location, Date, Time, Length

Theme or Destination:

Setup

Props:

Music:

Lighting:

Centering

Starting pose:

Guided imagery and breath work:

Warm-up Sequence

Modifications:

Check off:

* Six Moves of the Spine

Standing Sequences

What modifications do you expect to suggest for students, given who will be there?

Checklist:

* Six Moves of the Spine
* Four Lines of the Legs
* facing short side of the mat
* facing long side of the mat
* symmetrical shapes
* asymmetrical shapes

Transition Notes

Mat Sequences

Modifications:

Checklist:

* Six Moves of the Spine
* Four Lines of the Legs
* symmetrical shapes
* asymmetrical shapes

Finishing Poses

Modifications:

Post-Class Reflection

After class, return to your notes, either this sheet or your first draft or your teaching journal, and note:

What worked well:

What didn’t land:

What to add or subtract next time: