



BLISSOLOGY

CLASS SEQUENCING PLANNER

DATE:

DURATION:

TIME:

NOTES:

LOCATION:

Philosophy

Are there any thoughts you would love to share? A poem? Lessons You've learned?

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The Feeling:

What feeling do you want to leave people with? Use three words

Exercise vs Relaxation:

How much Work Out/ Exercise do I want to offer? (Inner Fire)

A lot / A bit / None

How much Relaxation do I want to offer? (Quiet Mind)

A lot / A bit / None

Injuries

(Often this will have to be factored when you actually see who shows up at class).

Skill Level/ Target Audience:

Are there any skills you want to share?

Are there any key sequences or poses that light you up that you want to share? (If so, draw them in stick figures below).

