



TAKE ACTION

PUTTING IT TOGETHER



Time Frame

You will already have a time frame for the above sequence, and you can shorten or lengthen it to fit how much time you have.



Regularity

You can for example start the class by lying in Savasana, or sitting quietly focusing on the breath, or chanting OM. Whatever you choose, aim to make this a regular part of your class. You can then discuss breath and movement and use some examples.



The Core

The core of your class is the above sequence, followed by, as an example, a counter posture like Virasana, which is always good after standing postures.



Review & Prepare

You might now want to say something about what has been learned and its advantages, and perhaps mention next week's posture. The homework might just be to practice the sequence, or you may add some challenges. This then will form the beginning of the next class.



Closing

Now introduce the finishing part, for example Savasana or a breathing exercise.