

## Appendix II: Class Planning Worksheet (General)

**Venue:**

**Attendees/Target Audience:**

**Class Length:**

**Purpose or Theme:**

**Mindfulness attitudes or elements of focus:**

**Other notes:**

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**Beginning Sequence**

**Middle Sequence**

**Ending to Closing Sequence**

Class Planning Worksheet (General)

**Venue:**

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**Class Length:**

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**Mindfulness attitudes or elements of focus:**

**Other notes:**

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**Beginning Sequence**

**Middle Sequence**

**Ending to Closing Sequence**

### Appendix III: Class Planning Worksheet (More Specific)

**Venue:**

**Attendees/Target Audience:**

**Class Length:**

**Purpose or Theme:**

**Mindfulness attitudes or elements of focus:**

**Other notes:**

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#### **Beginning Sequence**

*Start on the floor for stretching and breathing:*

*Continued stretching:*

*Inviting people to feet:*

*Standing stretches/beginning movement:*

*Explore the space/movement:*

*Energy-stirring song/connecting with others:*

#### **Middle Sequence**

*Invitation in 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 (1-2 songs):*

*Final song on feet:*

*Transition back to ground:*

*Final relaxation:*

CLOSING SEQUENCE/STATEMENT

Class Planning Worksheet (More Specific)

**Venue:**

**Attendees/Target Audience:**

**Class Length:**

**Purpose or Theme:**

**Mindfulness attitudes or elements of focus:**

**Other notes:**

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**Beginning Sequence**

*Start on the floor for stretching and breathing:*

*Continued stretching:*

*Inviting people to feet:*

*Standing stretches/beginning movement:*

*Explore the space/movement:*

*Energy-stirring song/connecting with others:*

**Middle Sequence**

*Invitation in 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 (1-2 songs):*

*Final song on feet:*

*Transition back to ground:*

*Final relaxation:*

CLOSING SEQUENCE/STATEMENT