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|  | **Lesson Plan outline** |
| **Opening** | So, what do you want to say, think do today? Many yogis, ask for an outcome, a wish, maybe you want to plant a wish for your practice, your day or your life, maybe your class just needs to stretch and we set our intention to be happy? |
| **Reflect** | Interact with your class, always, check they are ok, ask them if they are ready. |
| **Pranayama** | Use breath to open up your nadis and your channels and to start to bring all that lovely yogic energy in. Choose from the Pranayama directory, the manual or bring in your own knowledge. |
| **Warm up** | Always be gentle with your asana, start slowly, think about warming up the joints in the body, softening the synovial fluid between the joints. |
| **Asana** | Time to practice and work, use flows, static postures or gentle meditations, however your class is going to go, fast or slow. |
| **Meditation** | Time to complete, the hardest part of the class, being still and finding your stillness.Use meditations, guided work, choose from the manual and we will be asking you to write and create your own. |
| **Closing** | Always thank your class, namaste means ‘the light in me bows to the light in you’.Well done! |