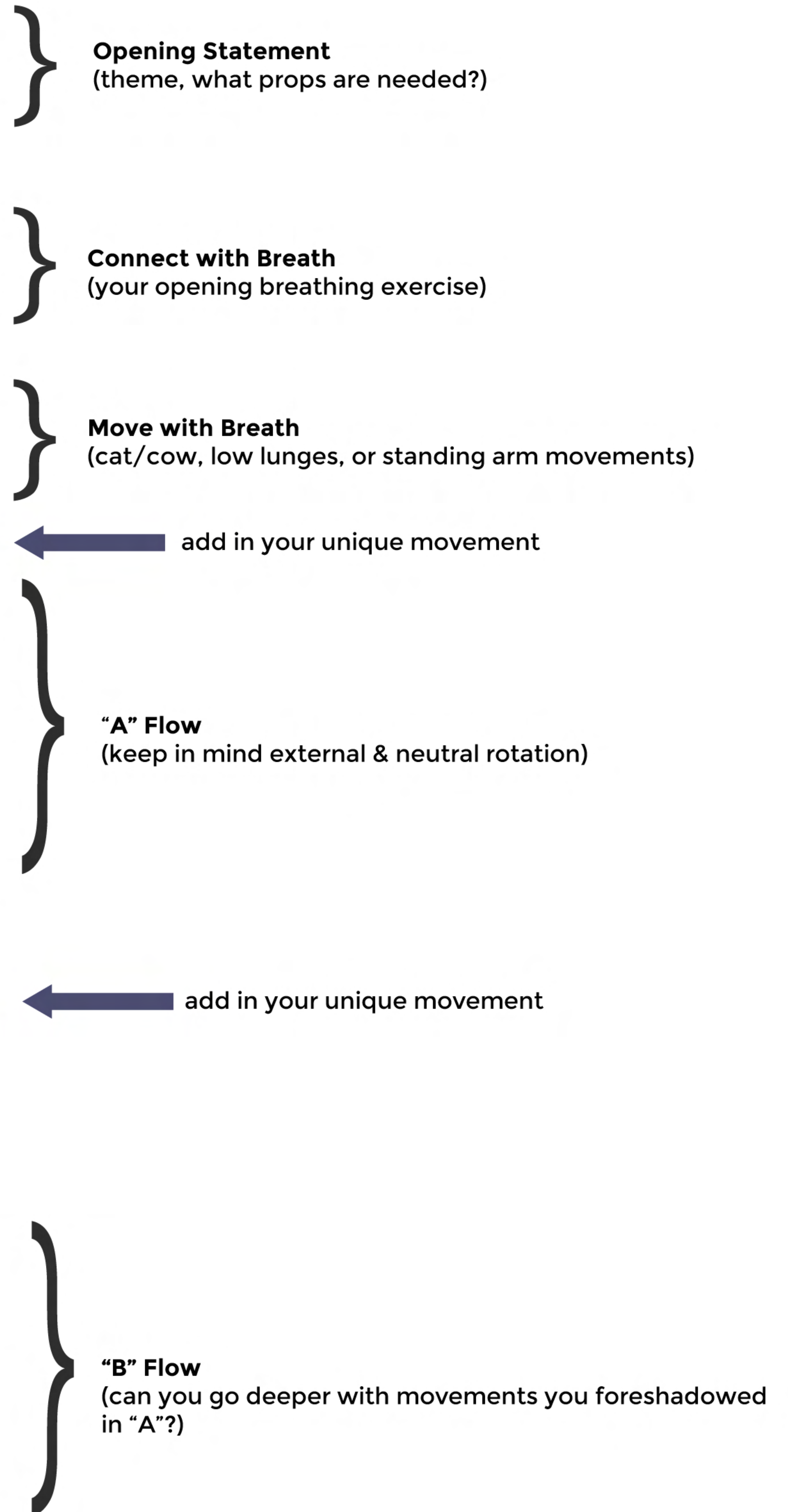


# SEQUENCING TEMPLATE

\*where your music starts



} **“C” Flow - Optional**  
(only for a 75+ min class)

} **Bridge**  
(backbends, inversions)

← tie things together, integrate your theme in a new way

} **“D” Flow**  
(sprinkle in your theme again, hold poses for longer, maybe this leads into pigeon)

← think about your transition to the floor - can you incorporate your theme?

} **Hips, Seated Stretches, Forward Folds**

} **Supine Stretches**  
(supine twist, happy baby)

**SAVASANA**

} **Closing Meditation**  
(reinforce theme)