

CLASS PLAN 1

	Name and description of exercise to be done	Modifications for beginners/injuries and any special instructions at end of exercise	Music and explanation of mantra to be used. If a mantra is used please describe the meaning
Warm-ups			
Kriya and its effect			
Relaxation and wake-up			
Meditation and its effect			

CLASS PLAN 2

	Name and description of exercise to be done	Modifications for beginners/injuries and any special instructions at end of exercise	Music and explanation of mantra to be used. If a mantra is used please describe the meaning
Warm-ups			
Kriya and its effect			
Relaxation and wake-up			
Meditation and its effect			

CLASS PLAN 3

	Name and description of exercise to be done	Modifications for beginners/injuries and any special instructions at end of exercise	Music and explanation of mantra to be used. If a mantra is used please describe the meaning
Warm-ups			
Kriya and its effect			
Relaxation and wake-up			
Meditation and its effect			

CLASS PLAN 4

	Name and description of exercise to be done	Modifications for beginners/injuries and any special instructions at end of exercise	Music and explanation of mantra to be used. If a mantra is used please describe the meaning
Warm-ups			
Kriya and its effect			
Relaxation and wake-up			
Meditation and its effect			

CLASS PLAN 5

	Name and description of exercise to be done	Modifications for beginners/injuries and any special instructions at end of exercise	Music and explanation of mantra to be used. If a mantra is used please describe the meaning
Warm-ups			
Kriya and its effect			
Relaxation and wake-up			
Meditation and its effect			