

Mind & Body Sequence Builder

Name: _____ Partner(s): _____

Exercise #1: _____

Starting position: _____

Breath Initiation: _____ How many/ how long? _____

Proper execution/ remember to: _____

Transition: _____

Exercise #2: _____

Starting position: _____

Breath Initiation: _____ How many/ how long? _____

Proper execution/ remember to: _____

Transition: _____

Exercise #3: _____

Starting position: _____

Breath Initiation: _____ How many/ how long? _____

Proper execution/ remember to: _____

Transition: _____

Exercise #4: _____

Starting position: _____

Breath Initiation: _____ How many/ how long? _____

Proper execution/ remember to: _____

Transition: _____

Exercise #5: _____

Starting position: _____

Breath Initiation: _____ How many/ how long? _____

Proper execution/ remember to: _____

Transition: _____

Exercise #6: _____

Starting position: _____

Breath Initiation: _____ How many/ how long? _____

Proper execution/ remember to: _____

Transition: _____

Ending Position: _____

Additional Notes: