

**BOOM MIND Class Template**

Segment		Time
<b>Mindful Warm-Up and Range of Motion</b>	Intention:  Breathing:  Movement:	
<b>Work</b>		
<b>Cool-Down/Cognitive Health</b>		
<b>Final Stretch</b>		
<b>Relaxation</b>		

Cue for breathing, posture, hydration and perceived exertion