

## EnerChi Class Template

<b>Class Segment</b>	<b>Exercise Ideas</b>	<b>Time</b>
<b>Warm-Up and Range of Motion</b>		
<b>Work</b>	<p>Stances:</p>    <p>Forms:</p>	
<b>Cool- Down</b>		
<b>Final Stretch</b>		
<b>Relaxation</b>		

Cue for breathing, posture, hydration and perceived exertion