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ENERGY FLOW® FACILITATOR CLASS PLAN

Title of class:

Sub-heading:

Audience:

Length: 45 minutes

Time	Topic and Purpose	Details
Why Frame (Imaginative learners) What is the purpose and relevance of what they are learning?		
0 mins (1 mins)	• Doors open	
	• Rapport	
	• Eye contact	
1 mins (4 min)	• Welcome (Why Frame):	
	• Explain why Energy Flow® practices are beneficial, and build connection and	

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	rapport with your participants.	
5 mins (5 min)	<ul style="list-style-type: none"> • Warm-Up Phase (What frame) • Explain how you will share the steps and for your participants to take care of themselves and do what feels right for them. Get started with some gentle breathe work in this warm up phase. 	
10 mins (25 mins)	<ul style="list-style-type: none"> • Doing Phase - Main Practice (What frame) • Guide participants through different exercises. In this phase you will do a mini 4 MAT: Explain the why, 	

	demonstrate the steps and do the practice with the group together with self reflections at the end.	
35 mins (8 mins)	<ul style="list-style-type: none"> • Expiration Phase (What if Frame): • End with a calming meditation or relaxation phase where you ask participants to reflect on how they feel after the session and integrate it into their daily lives. 	
43 mins (2 mins)	<ul style="list-style-type: none"> • Close • Summary • Next steps • Be available for any questions • Doors close 	