|  |  |
| --- | --- |
| Strongwater Studios | Title: |
| Session Date/Time: | Session Location: |
| Goals:  | Preparation/Materials: |
| Session Plan | Notes |
| Opening Ritual |  |  |
| RegulationCheck-InWarm-Up |  |
| MainStructuredWork(Optional Free Choice) |  |
| Check Out |  |
| Closing Ritual |  |
| Next Steps: |
| Session Complete / Signoff: |