

SYLLABUS FOR YOGA

Starting with simply warm –up

1. Neck Exercise
 - a. Chaeki Chalan.
 - b. Butterfly
2. Warm up
 - a. Surya Namaskar (20 times)
3. Breathing Exercise
 - a. Anulom Vilom
 - b. Kapalbhati
 - c. Bhramari
 - d. Ujjal
4. Asanas
 - a. Matsyemdrasanas
 - b. Garudasana
 - c. Dhanuasan
 - d. Chackraasana
 - e. Bhujangasana
 - f. Janushrishasana
 - g. Supta Vajrasana
 - h. Vrhtrasan
 - i. Vistrapad Vaksha Bhoomi Sparhasanas

Ending with Yognidra (relaxation).