

Programme:

DATE / /

Day - 1:

Live yoga Appreciation Programme.

Description:

Introduction to yoga -

Content Details:

- * Introduction to yoga.
- * prayer, yogic Sukshma Vyayama (neck movements, shoulder movements, trunk twisting and knee movement), Tadasana and relaxation.

Day - 2:

Live yoga Appreciation programme

Content Details Description:

yoga practices for Health and wellness.

Content Details:

- * Revision of previous practices.
- * Ardha cakrasana, ardha-ustarasana, ~~Shat~~ Shashakāsana, Bhujangasana and relaxation.
- * yoga practices for Health and wellness.

Day - 3 :

Live yoga programme.

Description :

General guidelines for yoga practitioner (Do's and Don'ts).

Content Details:

- * Revision of ~~per~~ previous practices
- * pawanmuktasana, shavasana, yogic deep breathing anulom - Vilom pranayam.
- * General guidelines for yoga practitioner (Do's and Don'ts).

Day - 4 :

Live yoga Appreciation programme.

Description :

Introduction to common yoga protocol (CYP).

Content Details:

- * Revision of previous practices and dhyanana.
- * Introduction to common yoga protocol (CYP).