

Live Yoga Appreciation Programme

TNPL
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Day 1 :

Live Yoga Appreciation Programme

Description :

Introduction to Yoga.

Content Details :

- * Introduction to yoga.
- * Prayer, Yogic sukshma Vyayama (neck movements, shoulder movements, ~~trunk~~ trunk twisting and knee movement), Tadasana and relaxation.

Day 2 :

Live Yoga Appreciation Programme

Description :

Yoga practices for Health and wellness.

Content Details :

- * Revisions of previous practices
- * Ardhaakrasana, ardha-ustorasana, Shashakasana, Bhujangasana and relaxation.
- * Yoga practices for Health and Wellness.

Day 3 :

Live Yoga Appreciation Programme

Description :

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

Content Details :

- * Revision of 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 dhayana.
- * Introduction to common Yoga Protocol (CYP)