

YOGA VOLUNTEER COURSE ASSIGNMENT

- ① OM KAR CHANT & Mantra - starting time
- ② Loosening practices like Neck Left - Right side bend, Front & back side bend & Neck rotation
- ③ Shoulder practices → straight hand up position & shoulder rotation with elbow bend tricks.
- ④ Knees bend with hands front side.
- ⑤ both hand turning back side etc like this practices

YOGASANS

- ① TADASAN → straight hand with fingers joint & heel up.
- ② Varschhasan → Right & left leg up bend with thigh touch & Namaskar mudra
- ③ Padhashtasan → Hand touch to the side of feet.
- ④ Ardha Chandrasan → both hand at back & down back side with exhalation
- ⑤ Bhadrasan → both feet together towards private parts
- ⑥ Vishromasan → leg straight & both hand back side in sitting buttock position
- ⑦ DANDASA → just hand side wise after Vishromasan
- ⑧ Ardha Usthasan → on knee bend position & hands on heel & bend back side
- ⑨ Usthasan → Touch to the hands with heels

- ⑩ ~~Vajrasana~~ → both leg ~~up~~ bend & sit on heels.
- ⑪ Makarasana → lay down on abdomen & hands side wise with turn under hand, legs apart
- ⑫ Bhujangasana → both hands side wise chest & up ~~head~~ head with inhalation.
- ⑬ Salabhasana → both hands side wise back & up both legs.
- ⑭ Setu Bandha Sarvangasana → Leg down back side hold ankle & up side abdomen.
- ⑮ Uttan Padasana → Leg up $35-45^\circ$ at lie down position
- ⑯ Ardha Halasana → both legs up 90°
- ⑰ Pawanmuktasana → both legs up & hold with hand from knees & up touch mouth & knees.
- ⑱ Swasana → Relax & Aware towards body parts.

Pranayam

- ① Kapal Bhati
- ② Sitai
- ③ Bhramari
- ④ Nadi Sodhan, Anulom-Vilom
- ⑤ DHYAN → meditation
- ⑥ Shanti PATH → END

Sign

Date: - 26/3/2023

Signature