**4 Class Beginners' Course**

**Structure of the classes:**

Initial Relaxation/Savasana – Approximately 5 minutes  
Opening Prayer – Gajananam (Dhyanasloka) (2 min)

Introduction

Surya namaskar

Leg raises

12 Asanas

Final Relaxation(Tense and relax plus auto suggestion) - Savasana (10 minutes)

Closing Prayers – MahaMrityunjaya Mantra (5 minutes)

**Asanas Teaching Pattern:**

**Benefits:** Name the asanas and briefly explain the benefits and contraindications of asana

**Demonstrate:** For beginner class demonstrate the asana explaining how to come into the postures, stressing on breathing eg inhalation and exhalation, how to retain the position, how to come out of the positions.

**Teach:** Allow the student to do the asanas and monitor. Follow the general pointers of teaching the class. Look for common faults. If unable to do asana explain alternate easy way of doing the asanas.

**Notes on the outline of the class:**

Maintain a notes on the outline of the class. For example the outline of the 1st Class.