**Beginners’ Class 1**

| **Class 1 / 60min**  **Initial Relaxation** **Opening Prayer** *– Gajananam (Dhyanasloka)*  **Talk** –*Five points of Yoga* | 5 min  2 min  5 min | ***15min*** |
| --- | --- | --- |
| ★**Eye Exercises** *(10 up-down, 10 left-right, 5 diagonal, 3rotations.*  *Leg stretch afterwards)*  ★**Neck Exercises** *(6 down-up, 6 side-to-side, 6 ear-to-shoulder, 3 rotations)* ★**Abdominal Breathing\****(①sitting- 10 times ②lying on back- 5 times)* | 5 min  5 min  5 min | ***15min*** |
| ★**Single Leg Raises** \**(6 x each side)*  ★**Double Leg Raises** \**(x 6)*  ★**Shoulderstand**\**– Sarvangasana (hold 1 min)*  ★**Fish**\* *– Matsyasana (hold 30 sec)* | 5 min  2 min  4 min  3 min | ***15min*** |
| **Final Relaxation**- *Savasana*  **Closing Prayers** *– MahaMrityunjaya Mantra* | 10 min  5 min | ***15min*** |

\* Relaxation afterwards

★New item (Demonstration)

Please note, minutes mentioned are including demonstration

**Beginners’ Class 2**

| **Class 2 / 75min**  **Initial Relaxation** **Opening Prayer-** *Gajananam (Dhyanasloka)*  **Talk** *– Proper Exercise, Proper Breathing* | 5 min  2 min  5 min | ***15min*** |
| --- | --- | --- |
| **Eye exercises** *(10 up-down, 10 left-right, 5 diagonal, 3rotations. Leg stretch afterwards)*  **Neck exercises** *(6 down-up, 6 side-to-side, 6 ear-to-shoulder, 3 rotations)*  Review Deep Abdominal Breath  ★**Full Yogic Breath\****(sitting)*  ★**Alternate Nostril Breathing\*** *–AnulomaViloma*  *(①St.1: Lx6 Rx6 ②St.2: 4-0-8 x 6)* | 5 min  5 min  5 min  5 min | ***20min*** |
| ★**Sun Salutations\*** *– Surya Namaskar (3 x each side)* **Single & Double Leg Raises\****(Single : 3 x each, Double: x 6)* | 10 min  5 min | ***15min*** |
| **Shoulderstand\***– *Sarvangasana (hold 1 minute hold)*  ★**Plough\*** *– Halasana (hold 15 seconds)\** **Fish\*** *– Matsyasana (hold 30 seconds)\** ★**Forward Bend** *– Paschimotanasana (hold 1 minute)*  ★**Inclined Plane\*** *(hold 15 seconds)* |  | ***10min*** |
| **Final Relaxation**- *Savasana*  **Closing Prayers-** *MahaMrityunjaya Mantra* |  | ***15min*** |

\* Relaxation afterwards

★New item (Demonstration)

Please note, minutes mentioned are including demonstration

**Beginners’ Class 3**

| **Class 3 / 75min**  **Initial Relaxation****Opening Prayer-**  *Gajananam (Dhyanasloka)*  **Talk –** *Proper Relaxation, Proper Diet* | 5 min  2 min  5 min | ***15min*** |
| --- | --- | --- |
| **★Kapalabhati-** *(20-30-40, retention: 30sec x each)* **Alternate Nostril Breathing\*** *– AnulomaViloma\**  *(St.3: 4-8-8 x6)* |  | ***15min*** |
| **Sun Salutations\*** *– Surya Namaskar\* (5 x each side)* **Single & Double Leg Raises\*** *(Single : 3 x each, Double: x 8)* |  | ***10min*** |
| **Shoulderstand**– *Sarvangasana (hold 1 minute)* **Plough\*** – *Halasana\* (hold 45 seconds)* **Fish\*** – *Matsyasana\* (hold 45 seconds)* **Forward Bend** – *Paschimotanasana (hold 1 minutes* **Inclined Plane\*** *(relax in Makarasana- on the abdomen)* |  | ***10min*** |
| **★Cobra\*** – *Bhujangasana\*(x 1)* **★Half Locust** – *ArdhaSalabhasana (3 x each)* **★Full Locust\*** – *Salabhasana (hold 10 seconds) (relax in Child pose)* **★Standing Forward Bend** – *Padahastasana (hold 30 seconds)* **★Triangle** – *Trikonasana (feet parallel) -(hold 15 seconds each side)* |  | ***15min*** |
| **Final Relaxation**- *Savasana*  **Closing Prayers-** *MahaMrityunjaya Mantra* |  | ***15min*** |

\* Relaxation afterwards

★New item (Demonstration)

Please note, minutes mentioned are including demonstration

**Beginners’ Class 4**

| **Class 4 / 80min**  Initial Relaxation  Opening Prayer-  *Gajananam (Dhyanasloka)*  Talk – Positive Thinking & Meditation | 5 min  2 min  5 min | ***15min*** |
| --- | --- | --- |
| Kapalabhati *(30-40-50, retention: 30sec x each)* Alternate Nostril Breathing\* *– AnulomaViloma\* (St.4 : 4-16-8 x 6)* |  | ***15min*** |
| Sun Salutations\* *– Surya Namaskar\* (5 x each side)* Single & Double Leg Raises\* *(Single : 3 x each, Double: x 8)* |  | ***10min*** |
| Shoulderstand– *Sarvangasana (hold 1 minute)* Plough\* – *Halasana\* (hold 45 seconds)* Fish\* – *Matsyasana\* (hold 45 seconds)* Forward Bend – *Paschimotanasana (hold 1 minutes)* Inclined Plane\* *(relax in Makarasana- on the abdomen)* |  | ***10min*** |
| Cobra\* – *Bhujangasana\*(x 1, hold 30 seconds)* Half Locust – *ArdhaSalabhasana (3 x each)* Full Locust\* – *Salabhasana\* (hold 10 seconds)*  ★Bow\* – *Dhanurasana\** (hold 10 seconds) (relax in Child pose) ★Half Spinal Twist – *ArdhaMatsendrasana*  (keeping bottom leg straight, hold 15 seconds each side) ★Crow – *Kakasana*  Standing Forward Bend – *Padahastasana* (hold 30 seconds)Triangle – *Trikonasana* (regular feet position, hold 15 seconds each side) |  | ***15min*** |
| **Final Relaxation**- *Savasana*  **Closing Prayers-** *MahaMrityunjaya Mantra* |  | ***15min*** |

\* Relaxation afterwards

★New item (Demonstration)

Please note, minutes mentioned are including demonstration