

A Typical YogaBharati Class

#1 Start with Greeting all your Participants

#2 Begin by Quieting the Voices and asking participants to focus inwards

#3 Start the class with a Namaste

#4 Begin with 3 chants of OM kara

#5 Allow them to hear and feel the vibrations of OM kara

#6 Start with a Prayer between Student and Teacher Sahanavavatu

#7 Begin the Class by practicing some loosening practices standing

#8 Transition to Sitting practices and breathing

#9 Slowly transition to Brisk Loosening practice of SuryaNamaskar (Sun Salutations)

#10 Transition to Quick Relaxation technique

#11 Move to Asanas

#11.a Sitting

#11.b Standing

#11.c Prone

#11.d Supine

#12 Slowly Wrap up the class by offering some Pranayama practices like Bhramari, Nadi Shuddhi

#13 Closing prayer for Universal peace Sarve Bhavantu SukhinaHa