

Therapeutic Yoga Schedule for Women

Coimbatore - Weekly Class Schedule

Class Timings

- **Morning Batch (Housewives):** 7:00 AM - 8:00 AM
- **Evening Batch (Working Women):** 6:30 PM - 7:30 PM
- **Weekend Special:** Saturday 9:00 AM - 10:00 AM

Weekly Schedule

Day	Morning (7:00-8:00 AM)	Evening (6:30-7:30 PM)
Monday	Gentle Flow & Stress Relief	Desk Tension Release
Tuesday	Back Pain Relief	Hip Opening & Flexibility
Wednesday	Heart Opening & Breathing	Shoulder & Neck Therapy
Thursday	Core Strengthening	Digestive Health Flow
Friday	Restorative & Meditation	Energy Restoration
Saturday	Combined Class (9:00-10:00 AM)	-
Sunday	Rest Day	Rest Day

Detailed Pose Sequences

Monday: Gentle Flow & Stress Relief / Desk Tension Release

Warm-up (10 minutes)

- Sukhasana (Easy Pose) with Breathing**
 - Sit cross-legged, hands on knees
 - 5 minutes deep breathing (4 counts in, 6 counts out)
 - Benefits: Calms nervous system, reduces anxiety
- Neck Rolls**
 - Slowly roll neck in both directions (5 times each)
 - Benefits: Releases neck tension from phone/computer use
- Shoulder Shrugs**
 - Lift shoulders to ears, hold 3 seconds, release
 - 10 repetitions
 - Benefits: Releases upper back tension

Main Sequence (35 minutes)

4. Marjaryasana-Bitilasana (Cat-Cow Pose)

- 10 rounds with breath
- Benefits: Spine mobility, relieves back pain

5. Adho Mukha Svanasana (Downward Dog)

- Hold for 1 minute
- Benefits: Stretches entire body, energizes

6. Uttanasana (Standing Forward Fold)

- Hold for 30 seconds
- Benefits: Calms mind, stretches hamstrings

7. Vrikshasana (Tree Pose)

- 30 seconds each side
- Benefits: Improves balance, focus

8. Trikonasana (Triangle Pose)

- 45 seconds each side
- Benefits: Stretches sides, improves digestion

9. Paschimottanasana (Seated Forward Fold)

- Hold for 1 minute
- Benefits: Calms nervous system, stretches spine

10. Supta Baddha Konasana (Reclined Butterfly)

- 3 minutes with bolster
- Benefits: Opens hips, deeply relaxing

Cool-down (15 minutes)

11. Savasana (Corpse Pose)

- 10 minutes guided relaxation
- Benefits: Complete stress relief, nervous system reset

12. Pranayama (Breathing Practice)

- 5 minutes Nadi Shodhana (Alternate Nostril Breathing)
- Benefits: Balances mind, reduces stress

Tuesday: Back Pain Relief / Hip Opening & Flexibility

Warm-up (8 minutes)

1. Pelvic Tilts

- Lying on back, gently tilt pelvis
- 10 repetitions
- Benefits: Lubricates lower back

2. Knee to Chest

- Hug knees alternately
- 30 seconds each
- Benefits: Releases lower back tension

Main Sequence (37 minutes)

3. Bhujangasana (Cobra Pose)

- 3 variations: low, medium, high
- 30 seconds each
- Benefits: Strengthens back muscles, opens chest

4. Salabhasana (Locust Pose)

- 3 sets of 15 seconds
- Benefits: Strengthens entire back

5. Balasana (Child's Pose)

- 1 minute between back bends
- Benefits: Rests back, calms mind

6. Marichyasana (Marichi's Pose)

- 1 minute each side
- Benefits: Spinal twist, aids digestion

7. Pigeon Pose (Eka Pada Rajakapotasana)

- 2 minutes each side
- Benefits: Deep hip opening, releases stored emotions

8. Gomukhasana (Cow Face Pose)

- 1 minute each side
- Benefits: Opens hips and shoulders

9. Supta Matsyendrasana (Reclined Spinal Twist)

- 2 minutes each side
- Benefits: Gentle spinal rotation, digestive health

Cool-down (15 minutes)

10. Viparita Karani (Legs Up the Wall)

- 10 minutes
- Benefits: Improves circulation, reduces swelling

11. Meditation

- 5 minutes body scan
 - Benefits: Deep relaxation, pain relief
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Wednesday: Heart Opening & Breathing / Shoulder & Neck Therapy

Warm-up (10 minutes)

1. Shoulder Blade Squeezes

- 15 repetitions
- Benefits: Activates upper back muscles

2. Arm Circles

- Forward and backward, 10 each direction
- Benefits: Mobilizes shoulders

Main Sequence (35 minutes)

3. Ustrasana (Camel Pose)

- 3 variations: hands on lower back, then blocks, then heels
- 30 seconds each
- Benefits: Opens chest, improves posture

4. Setu Bandhasana (Bridge Pose)

- 5 repetitions, hold for 30 seconds
- Benefits: Strengthens back, opens chest

5. Matsyasana (Fish Pose)

- 1 minute with block support
- Benefits: Counteracts forward head posture

6. Garudasana (Eagle Pose)

- 45 seconds each side
- Benefits: Stretches shoulders, improves balance

7. Gomukhasana Arms (Cow Face Arms)

- 1 minute each side
- Benefits: Shoulder mobility, releases tension

8. Urdhva Mukha Svanasana (Upward Facing Dog)

- 3 sets of 20 seconds
- Benefits: Strengthens arms, opens chest

9. Thread the Needle

- 1 minute each side
- Benefits: Releases shoulder tension

Cool-down (15 minutes)

10. Restorative Fish Pose

- 8 minutes with bolster
- Benefits: Passive chest opening, stress relief

11. Pranayama

- 7 minutes Ujjayi breathing
 - Benefits: Calms nervous system, improves focus
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Thursday: Core Strengthening / Digestive Health Flow

Warm-up (8 minutes)

1. Pelvic Circles

- 10 in each direction
- Benefits: Warms up core muscles

2. Knee Rocks

- Rock knees side to side
- 1 minute
- Benefits: Massages lower back

Main Sequence (37 minutes)

3. Navasana (Boat Pose)

- 5 sets of 20 seconds
- Benefits: Strengthens core, improves digestion

4. Plank Variations

- Regular plank: 30 seconds
- Side plank: 20 seconds each side
- Benefits: Core stability, arm strength

5. Bicycle Crunches

- 20 repetitions

- Benefits: Targets obliques, core strength

6. **Pavanamuktasana (Wind-Relieving Pose)**

- 1 minute each side, then both
- Benefits: Improves digestion, relieves gas

7. **Seated Spinal Twists**

- 1 minute each side
- Benefits: Aids digestion, spine mobility

8. **Apanasana (Knees to Chest)**

- 2 minutes gentle rocking
- Benefits: Massages abdominal organs

9. **Malasana (Yogic Squat)**

- 1 minute
- Benefits: Strengthens legs, aids elimination

Cool-down (15 minutes)

10. **Jathara Parivartanasana (Revolved Abdomen)**

- 3 minutes each side
- Benefits: Digestive health, core relaxation

11. **Meditation**

- 9 minutes mindfulness practice
- Benefits: Reduces stress, improves digestion

Friday: Restorative & Meditation / Energy Restoration

Warm-up (5 minutes)

1. **Gentle Joint Movements**

- Slow, mindful movements
- Benefits: Prepares body for deep relaxation

Main Sequence (40 minutes)

2. **Supported Balasana (Child's Pose)**

- 5 minutes with bolster
- Benefits: Deep relaxation, stress relief

3. **Supported Supta Baddha Konasana**

- 8 minutes with props

- Benefits: Opens heart, deeply restorative

4. **Supported Paschimottanasana**

- 5 minutes with bolster
- Benefits: Calms nervous system

5. **Supported Pigeon Pose**

- 5 minutes each side
- Benefits: Hip opening, emotional release

6. **Supported Twist**

- 5 minutes each side
- Benefits: Gentle detox, relaxation

7. **Viparita Karani**

- 10 minutes
- Benefits: Restorative, improves circulation

Cool-down (15 minutes)

8. **Yoga Nidra**

- 15 minutes guided practice
- Benefits: Deep rest, nervous system healing

Saturday: Combined Class (Weekend Special)

Mixed Level Flow combining elements from the week:

- Gentle warm-up
- Strengthening poses
- Deep stretches
- Extended relaxation
- Community building

Special Considerations for Women

Modifications for Common Issues:

For Lower Back Pain:

- Use blocks and bolsters
- Focus on gentle movements
- Avoid deep backbends initially

For Neck and Shoulder Tension:

- Emphasize shoulder releases
- Use props for support
- Modify poses as needed

For Stress and Anxiety:

- Include more restorative poses
- Emphasize breathing practices
- Create calming environment

For Digestive Issues:

- Include twisting poses
- Focus on core strengthening
- Practice mindful breathing

Props Needed:

- Yoga mats
- Blocks (2 per person)
- Bolsters
- Straps
- Blankets
- Wall space

Class Environment:

- Quiet, peaceful setting
- Soft lighting
- Comfortable temperature
- Soothing background music
- Essential oils (optional)

Benefits of Regular Practice

Physical Benefits:

- Improved flexibility and strength
- Better posture

- Reduced back and neck pain
- Enhanced sleep quality
- Boosted immune system

Mental Benefits:

- Reduced stress and anxiety
- Improved focus and concentration
- Better emotional regulation
- Increased self-awareness
- Enhanced mood

Lifestyle Benefits:

- Better work-life balance
- Improved relationships
- Increased energy levels
- Greater confidence
- Enhanced overall well-being

Contact Information:

- Location: Coimbatore, Tamil Nadu
- Specialized for housewives and working women
- All levels welcome
- Individual attention provided
- Monthly workshops available

"Healing Mind, Body & Spirit through Therapeutic Yoga"