

Yoga Teaching Program

Sitting Pose

1. Sit on Sukhasana (Easy Pose) ,
Padmasana (Lotus Pose) and say OM
-Sit on Gyan Mudra and say OM
3 times
-Rub your palm and keep your
palms on your eyes respectively
of each sides and massage your
face with those palms
- Practice Ganesh, Shiva, Guru
and Shanti Mantras

Standing Pose

1. Tadasana (Top Stretching Pose)

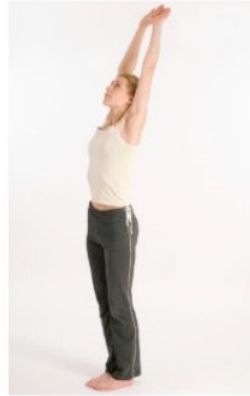


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2. Ardha chandrasana (Half Moon Pose)



3. Aabhan Asana (Back Stretching Pose)



4. Hasta paadasana (bend forward and touch your leg with your hands)



5. Vrikshasana (Tree Pose)



6. Garudasana (Eagle Pose)



10. Virabhadrasana (Warrior Pose)



7. Warm Up

8. Trikonasana (Triangle Pose)



11. Utkatasana (Chair Pose)



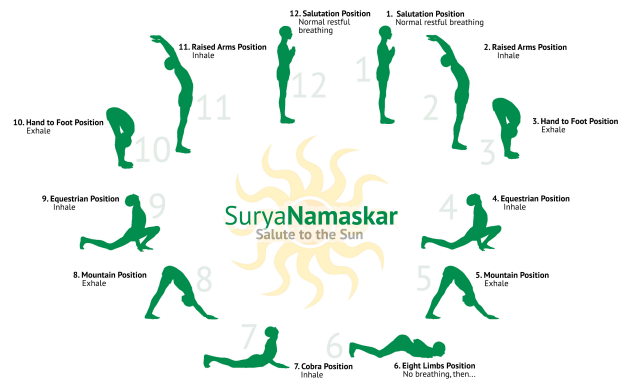
9. Parivrtta Trikonasana (Revolved Triangle Pose)



12. Natarajasana (Lord Shiva Pose)



13. Surya Namaskar (Sun Salutation)



14. Shavasana (Corpse Pose)



Sitting Pose

1. Pose for head

- Move your head back and front, both side, look backward from both sides, round your head right to left and left to right.
- Keep your palm on forehead and press your head backward and from back press forward and from each side towards opposite.

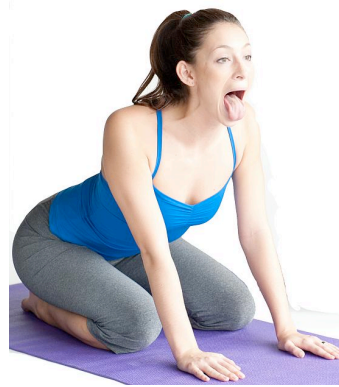
2. Pose for hand

3. Pose for Leg

4. Gorakshyasana (Butterfly Pose)



5. Simhasana (Lion Pose)



6. Marjariasana (Cat Pose)



7. Supta Vajrasana (Sleeping Thunderbolt Pose)



8. Ardha Matsyendrasana (Half Spinal Twist Pose)



9. Janu Sirshasana (Head to Knee Pose)



13. Gomukhasana (Cow Face Pose)



10. Sashankasana (Hare Pose)



14. Mandukasana (Frog Pose)



11. Ustrasana (Camel Pose)



15. Sukhasana (Easy Pose)



12. Paschimottanasana (Front Stretching Pose)



16. Vajrasana (Thunder Bolt Pose)



17. Padmasana (Lotus Pose)



4. Balasana (Child pose)



5. Naukasana (Boat Pose)

Sleeping Pose

1. Uttanapadasana (Raised leg Pose)



2. Shalabhasana (Locust Pose)



3. Bhujangasana (Cobra Pose)



6. Ardha Chandrasana (Half Moon Pose)



7. Pawanmuktasana (Gas Release Pose)



8. Jhulasana (Spinal Massage)

9. Cycling

10. Huttitau Asana (Peewit Pose)

11. Adhomukha Naukasana (Downward Facing Boat Pose)



12. Dhanurasana (Bow Pose)



13. Halasana (Plow Pose)



14. Sarvangasana (Shoulder Stand Pose)



15. Shavasana (Corpse Pose)

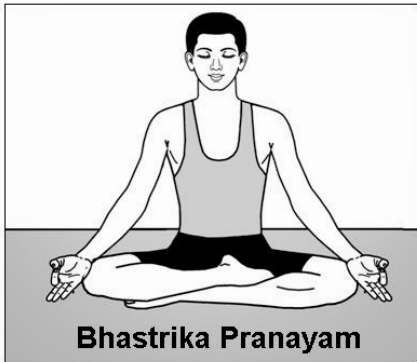


Spinal Exercise (Turning right left)

1. Put your heel on between your next leg's finger and turn your whole body and move your head opposite to your body.
2. Put your leg on your knee and turn your body and move your head opposite to your body.
3. Bend your both leg from your knee and turn your body and move your head opposite to your body.
4. Keep your legs far from each other and turn your body and move your head opposite to your body.
5. Lift your both leg and turn left and right
6. Perform Shavasana

Pranayama

1. Bhastrika Pranayama



2. Bhramari Pranayama



3. Nadhi Sodhana (Alulom-Bilolum Pranayama)



4. Surya Bhedi Pranayama (Inhale from right nostril and exhale form left)

5. Chandra Bhedi (Inhale form left and exhale from right)

Dhyana : (Sit on Sukhasana, Padhmasana)



1. Anapana Dhyana : feel your breath

2. Sahaja Dhyana(Easy Meditation) : Meditate from head to feet and vice-versa)