

**SCHEDULE FOR 3-WEEK YOGA AND MEDITATION TRAINING PROGRAM**

**ACADEMIC YEAR 2019-20**

Prepared by Alva's Naturopathy and Yogic Sciences, Moodbidri

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Day-1 to Day-3</b>  | <p><b>Loosening exercises (Head to toe) at the beginning on all days</b></p> <p><b>Asanas:-</b><br/>Vrikshasana, Padahasthasana, Ardhashakrasana, Ardhakatichakrasana, Uttitapadasana, Pawanmuktasana, Bhujangasana, Ardhashalabhasana, Vakrasana, Paschimottanasana, Ustrasana</p> <p><b>Pranayama:-</b><br/>Nadishodana, Bhramari</p> <p><b>Relaxation technique:-</b><br/>DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique)</p> |
| <b>Day-4 to Day-8</b>  | <p><b>Power Yoga-3 rounds</b></p> <p><b>Asanas:-</b><br/>Tadasana, Ardhakatichakrasana, Veerabhadrasana, Parsvottanasana, Uttitapadasana, Pawanmuktasana, Setubandasana, Paschimottanasana, Ustrasana, Vajrasana / Suptavajrasana</p> <p><b>Pranayama:-</b><br/>Suryabhedana, Surya anulomaviloma</p> <p><b>Relaxation technique:-</b><br/>DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique)</p>                                   |
| <b>Day-9 to Day-12</b> | <p><b>Suryanamaskra -6 rounds</b></p> <p><b>Asanas:-</b><br/>Adasana, Uktasana, Garudasana, Uttitapadasana, Sarvangasana, Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Ardhamatsyendrasana, Gomukhasana</p> <p><b>Pranayama:-</b><br/>Nadishodana, Sitali, Sitkari</p> <p><b>Meditation</b></p> <p><b>Relaxation Technique:-</b><br/>DRT (Deep Relaxation Technique) / QRT (Quick Relaxation Technique)</p>                                 |

|                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Day-13<br/>to<br/>Day-15</b> | <p><b>Suryanamaskra -6 rounds</b></p> <p><b>Asanas:-</b><br/>Vrikshasana, Trikonasana, Katichakrasana, Uttitapadasana, Sarvangasana, Matsyasana, Halasana, Sarphasana, Naukasana, Dhanurasana, Janusirshasana, Ustrasana, Veerasana</p> <p><b>Pranayama:-</b><br/>Nadishodana, Bhramari</p> <p><b>Relaxation Technique:-</b><br/>DRT (Deep Relaxation Technique) / QRT(Quick Relaxation Technique)<br/>IRT (Instant Relaxation Technique)</p>                                                                                    |
| <b>Day-16<br/>to<br/>Day-18</b> | <p><b>Suryanamaskara -6 rounds</b></p> <p><b>Asanas:-</b><br/>Setubandasana, Paschimottanasana, Ustrasana, Vajrasana / Suptavajrasana, Sarvangasana, Matsyasana, Halasana, Sarphasana</p> <p><b>Relaxation technique:-</b>IRT (Instant Relaxation Technique)</p> <p><b>Pranayama:-</b>Nadishodana, Chandrabhedana, Chandraanulomaviloma, Bhramari</p> <p><b>Meditation</b></p> <p><b>Relaxation Technique:-</b><br/>DRT (Deep Relaxation Technique) / QRT(Quick Relaxation Technique)<br/>IRT (Instant Relaxation Technique)</p> |

  
 Dr. Swathi  
 Program Trainer

  
 Aneesh Jain M V  
 Coordinator

  
 PRINCIPAL  
 Alva's Institute of Engg. & Technology,  
 Mijar. MOODBIDRI - 574 225, D.K