

SCHEDULE FOR 2-WEEK YOGA, PRANAYAMA AND MEDITATION TRAINING PROGRAM

ACADEMIC YEAR 2020-21

Prepared by Alva's Naturopathy and Yogic Sciences, Moodbidri

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

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Day-13 to Day-15	Suryanamaskra -6 rounds Asanas:- Vrikshasana, Trikonasana, Katichakrasana, Uttitapadasana, Sarvangasana, Matsyasana, Halasana, Sarphasana, Naukasana, Dhanurasana, Janusirshasana, Ustrasana, Veerasana Pranayama:- Nadishodana, Bhramari Relaxation Technique:- DRT (Deep Relaxation Technique) / QRT(Quick Relaxation Technique) IRT (Instant Relaxation Technique)
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