

Here we give instructions on Hatha Yoga in which we give importance to meditation, pranayama and yoga asanas. Yoga helps in maintaining the balance of the body and mind. We select the asanas considering the ability, efficiency, flexibility, need and ailments of the participants. Advanced asanas are given only to those who want it. As days pass by, harder items are introduced. The benefits of each asana are taught along with the demonstration. Within two weeks all the participants will learn how to do the basic asanas. Five types of asanas (standing, sitting, kneeling, lying on the prone and lying on the supine) and five types of relaxation are given ie Thadasana for standing, Dandasana for sitting, Vagrasana for kneeling, Makarasana for prone and Savasana for supine. We give special care to do the Counterasanas. It is better to give various hips, hands, shoulders, neck and eye excersises along with the yoga asanas. Take 30 seconds relaxation after one asana. In the final relaxation we give awareness to every part of the body in abdominal breathing which will be about 15 minutes. 30 minutes meditation (visualization/ silent/ chakra meditation) is given before the yoga asanas.

A model Yoga Class

1. OM-3 times and prayer
2. Pranayama- 3types
3. Relax 30 seconds in Dandasana
4. Suryanamaskar-3 times
5. Relaxation-Savasana
6. Various leg exercises
- 7. Supine exercises**
 - a) Navasana
 - b) Chakrasana
 - c) Sarvangasana
 - d) Halasana
 - e) Matsyasana
- 8. Prone Excersises**
 - a) Cobra (Bhujangasana)
 - b) Shalabhasana (Locust)
 - c) Dhanurasana (Bow)
- 9. Kneeling Type Excersises**

- a) Ustasana (Camel)
- b) Lion
- c) Marjarasana (Cat)
- d) Dolphin
- e) Head stand (Sirshasana)

10. Sitting Type Excersises

- a) Padmasana
- b) Vajrasana
- c) Paschimothasana
- d) Gomukhasana (Cow)
- e) Spinal twist

11. Standing Type Excersises

- a) Lateral arc posture
- b) Padahasthasana
- c) Ardhachakrasana
- d) Half moon posture
- e) Thrikonasanas
- f) Utkatasana
- g) Garudasana
- h) Ekapathasana (Tree pose)

12. Final Relaxation

Prayer

Total 90 minutes

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