



## DAY 1 - ASANA CLASS

### Asana Names & Durations of Hold

Asana / Exercise	Duration
Initial Relaxation	5 min
Chanting OM	3 Times
Introduce Teacher & Ask for Injury	
Skull-Shining Breath - Kapalbhata (30,40,50 Pumpings) (20,30,40 sec hold)	3 Rounds
Alternate Nostril Breathing - Anulom Vilom (4:8:8)	5 min
Corpse Pose- Shavasana	45 sec
Sun Salutation - Surya Namaskar	5 rounds
Dead body Pose - Shavasana	1 min
Leg Raises	6 times
Corpse Pose - Shavasana	30 sec
Dolphin	8 times
Child's Pose - Shashankasana	30 sec
Headstand Pose - Shirshasana	10 Sec
Child's Pose - Shashankasana	30 sec
Shoulderstand - Sarvangasana	30 Sec
Plough Pose - Halasana	15 sec
Half Bridge Pose - Ardha Setubandasana	15 sec
Fish Pose - Matsyasana	15 sec
Corpse Pose - Shavasana	30 Sec
Seated Forward Bend - Paschimottanasana	30 Sec
Crocodile Pose - Makarasana	30 Sec
Classical Cobra Pose - Bhujangasana	15 sec
Crocodile Pose - Makarasana	20-30 sec
Extended Cobra Pose - Vistrit Bhujangasana	15 sec
Bow Pose - Dhanurasana	10 Sec
Child's Pose - Shashankasana	30 Sec
Easy Crow Pose - Sukha Kakasana	10 sec
Triangle Pose - Trikonasana	10 sec each side
Mountain Pose - Tadasana	30 sec
Final Relaxation - Shavasana	15 min
Chanting OM Shanti	3 Times