

CLASS – V

2nd APRIL – 13th SEPTEMBER

- 1) Bakasana
- 2) Urthav – Sarvangasana
- 3) Garbhasana
- 4) Shavasana
- 5) Meditation
- 6) Bad – Padmasana
- 7) Parvatasana
- 8) Halasana
- 9) Bhujangasana
- 10) Shavasana
- 11) Meditation

1st OCTOBER – 22nd FEBRUARY

- 1) Purn – Bhujangasana
- 2) Ushtrasana
- 3) Matesyasana
- 4) Chakrasana
- 5) Shavasana
- 6) Meditation
- 7) Revision of 1st term.

One Project