

Class III

2nd APRIL – 13th SEPTEMBER

- 1) Bad – Padmasana
- 2) Padmasana
- 3) Paschimuttanasana
- 4) Swastikasana
- 5) Shavasana
- 6) Meditation
- 7) Halasana
- 8) Sarvangasana
- 9) Suryanamaskar (1- 6 parts)
- 10) Shavasana
- 11) Meditation

1st OCTOBER – 22nd FEBRUARY

- 1) Suryanamaskar (2 – 6 parts)
 - 2) Purn – Bhujangasana
 - 3) Chakrasana
 - 4) Shavasana
 - 5) Meditation
 - 6) Revision of I and II Periodic Table
 - 7) Trataka
 - 8) Revision of 1st term.
- One Project