

SYLLABUS (2022 – 2023)

YOGA

CLASS – I

I TERM

APRIL – SEPTEMBER

- 1) Padmasana
- 2) Bhujangasana
- 3) Tadasana
- 4) Bhadrasana
- 5) Vajrasana
- 6) Shavasana
- 7) Bad-Padmasana
- 8) Kurmasana 9) Revision of all asanas

II TERM

OCTOBER – MARCH

- 1) Bad – Padmasana
- 2) Paschimuttanasana
- 3) Sukhasana
- 4) Halasana
- 5) Naukasana
- 6) Pawan-Muktasan
- 7) Griva-Shakti-Vikasaka

8) Sakandh-Shakti-Vikasaka

9) Revision of I and II Term