

SYLLABUS (2022 – 2023)

YOGA

CLASS II

I TERM

APRIL – SEPTEMBER

- 1) Padmasana
- 2) Bad – Padmasana
- 3) Bhujangasana
- 4) Makrasana
- 5) Bhadrasana
- 6) Tadasana
- 7) Shavasana
- 8) Meditation

II TERM

OCTOBER – MARCH

- 1) Brahmcharyasana
- 2) Kurmasa
- 4) Mandukasana
- 5) Pawan - Muktasana
- 6) Shavasana
- 7) Meditation
- 8) Revision of I and II Term