

## Syllabus of Yoga

Total 30 Sessions

- Assembly / Prayer
- Warming up General and Specific  
Minor games related to the specific activity history of the game, Importance of the game in the life of a human being.
- Specific drills like surya namaskar, anulom vilom
- Break
- Short game
- Cooling down and dispersal
- Specific drills like vajrasana, Padmasana
- Specific drills like yaga nidra sarwargasana, viprit karni, pranayama.
- Specific drills like ardhadasana, pacchimotanasana, dhanurasana
- Specific drills like naukasana, ushtrasana, tadasana
- Specific drills like revision of all asanas, practice, competitions.

\*Repetition of all yoga asanas are done every day.