

60 minutes class (Suitable for Gym etc)

Warm up: 20 minutes

2 rounds Kapal Bhati

3 minutes Anulom Vilom

4 rounds Sun Salutation

Asanas: 30 minutes (8-10 asanas)

Shirshasan / Sarvangasan

Halasan

Ardha setubhandhasan / Chakrasan

Matseyasan / Gomukhasan

Paschimottanasan / Any other forward bend or stretching asan

Bhujangasan / Vistrit Bhujangasan

Shalabhasan / Dhanurasan / Ushtrasan

Kaakasan / Any other arm balancing asan

Trikonasana / Nataraj / Any other Standing Balancing asan

Vrikshasan / Taadasan

Final Relaxation: 10 minutes