

75 minutes class structure

Warm up: 30 minutes

3 rounds Kapal Bhati

5 minutes Anulom Vilom

4-6 rounds Sun Salutation

6 rounds Leg raises

10 Dolphins

Asanas: 35 minutes (10- 12 asanas)

Shirshasan

Sarvangasan

Halasan

Ardha setubhandhasan / Chakrasan

Matsyasan / Gomukasan

Paschimottanasan

Janushirshasan / Any stretching asan

Bhujangasan / Vistrit Bhujangasan

Shalabhasan / Dhanurasan / Ushtrasan

Kaakasan / Any other arm balancing asan

Trikonasan / Nataraj / Any other Standing Balancing asan

Vrikshasan / Taadasan

Final Relaxation: 10 minutes