

CORPORATE YOGA

Gentle Class – 30 minutes (On Chair + Standing)

Kapal Bhati 3 Rounds – 30 pumping – 5 minutes

Anulom Vilom– 4/8/8 - 5 minutes

Micro exercises with Breathing – 5 minutes

Triangle – 30 seconds each side

Standing Forward bend – 30 seconds

Standing backbend – 10 seconds

Tree – 1 min each side

Mountain – 1 min

Final Relaxation – 5 min Total

Gentle Class – 30 minutes (Mat)

Kapal Bhati 3 Rounds – 30 pumping – 5 minutes

Anulom Vilom– 4/8/8 - 5 minutes

Micro exercises with Breathing – 5 minutes

Shoulder stand - 1 min

Bridge – 30 seconds

Cowface – 30 seconds each side

Forward Bend – 1 min

Extended Cobra – 30 sec

Bow – 30 sec

Tree – 1 min each side

Final relaxation - 5 min total

- Timing has to be adjusted as per the number of participants.
- For Longer class please email me at yogiram@live.com