

# Gentle Yoga class structure (90 min.)

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## **Warm up: 20 minutes**

3 rounds Kapal Bhati (30 pumpings each)

5 minutes Anulom Vilom

4 rounds Sun Salutation (Slow)

## **Asanas: 40 minutes (15- 18 asanas)**

One leg Shirshasan

Sarvangasan

Halasan

Ardha setubhandhasan

Pawanmuktasan / Garbhasan

Gomukasan

Paschimottanasan

Janushirshasan / Any stretching asan

Badhkonasan (Butterfly / any sitting stretches like rocking baby etc)

Chakkichalan (Grinding the flour)

Makarasan

Bhujangasan / Vistrit Bhujangasan

Khagasan (Harepose)

Ardhamatseyendra asan

Trikonasan

Natraj / Any other standing balancing asan

Vrikshasan

Taadasan

## **Final Relaxation: 15 minutes**