

**YOGA SYLLABUS FOR 1<sup>ST</sup> CLASS**

| S.NO. | NAME OF ACTIVITY | TOTAL ASANAS/ACTIVITY                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | GENRAL WARMING UP                                                                                                                                 | SPECIFIC WARMING UP                                                                           |
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| 1.    | YOGA             | <u>BLANCING ASANAS</u><br>-Tad asana<br>-Vriksh asana<br>-Tiriyak tad asana<br>-Trikon asana<br><br><u>2.BACK BENDING ASANAS</u><br>-Ardh chakra asana<br>-Chakra Setu bandh asana<br>-Ushtrasana<br>-Chakrasana<br>Purnashalbhaasana<br><br><u>3.FRONT BENDING</u><br>-Padhastasana<br>-Paschimottanasana<br>-Janushirshasana<br>-Yogmudraasana<br><br><u>4.SITING ASANAS</u><br>-Sukhasana<br>-Padamasana<br>-Vajarasana<br>-<br>Ardhbadhpadamasana<br>-Badhpadmasana<br><br><u>5.PRANAYAM</u> | -Neck Exercise<br>-Shoulder Exercise<br>-Hand Exercise<br>-Back Exercise<br>-Leg Exercise<br>-Thigh Exercise<br>-Knee Exercise<br>-Ankle Exercise | Body stretching<br>2.Twisting Exercise<br>3.Back bending Exercise<br>4.Front Bending Exercise |

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|  |  | -Anulomvilom<br>pranayama<br>Chandrabhedhi<br>pranayam<br>-Suryabhedipranayam<br>-Bhramripranayam<br><br><u>6.MEDITATION</u><br><br><u>7. PRAYER</u> |  |  |
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