

YOGA SYLLABUS FOR 5th CLASS

S.NO.	NAME OF ACTIVITY	TOTAL ASANAS/ACTIVITY	GENRAL WARMING UP	SPECIFIC WARMING UP
1.	YOGA	<u>BALANCING ASANAS</u>	-Neck Exercise	Body stretching

		HAND BALANCE ASANAS -Pinchamayurasana (forearm stand) Titibhasana -Bakasana -Parsvabakasana - Ekapadkoundinyasana -Ekipadskandhasana -Padammayurasana -Mayurasana -Vayangmayurasana -Vyagharasana -Handstand LEG BALANCE -Tad asana -Vriksh asana -Triyak tad asana -Trikon asana -Pasharvkon asana -Grudasana -Natraj asana -Flageposeasana -Dollposeasana -Panchiasana <u>2.BACK BENDING ASANAS</u> -Ardh chakra asana -chakra setu bandh asana -Puran ushtrasana -Puran chakrasana -Puran Bhujang asana -Puran Dhanurasana	-Shoulder Exercise -Hand Exercise -Back Exercise -Leg Exercise -Thigh Exercise -Knee Exercise -Ankle Exercise	2.Twisting Exercise 3.Back bending Exercise 4.Front Bending Exercise
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		-Puransalabhasana <u>3.FRONT BENDING</u> -Padhastasana -Paschimottanasana -Janushirshasana -Yogmudraasana -Ardhbadh Paschimottan asana -Halasana -Sarvangasana <u>4.SITING ASANAS</u> -Sukhasana -Padamasana -Vajarasana - Ardhbadhpadamasana -Matasyasana -Ardhmatsyender asana -Kukutasana -Uardkukutasana -Puran Matsyenderasana <u>5.PRANAYAM</u> -Anulomvilom pranayama -Bhramripranayam -Kapalbhatipranayam -Chandrabhedhi pranayam -Suryabhedipranayam -Naadisodhan pranayama <u>6.MEDITATION</u>		
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