

Yoga Batch Study Plan

Date	Time	Subject	Topic	Chapter
3/10/2026	9:00-10:00 am	Foundation & Flexibility	INTRODUCTION	Benefits of Yoga & Health Focus
3/12/2026	9:00-10:00 am		Body Awareness	Mind-body connection
3/14/2026	9:00-10:00 am		Spine Flexibility	Spine mobility
3/17/2026	9:00-10:00 am		Hip & Leg Stretch	Lower body flexibility
3/21/2026	9:00-10:00 am		Core Activation	Core strength (light)
3/24/2026	9:00-10:00 am		Balance Control	Focus: Posture & balance
3/26/2026	9:00-10:00 am		Full Body Stretch	Muscle relaxation, recovery & habit building
3/28/2026	9:00-10:00 am	Strength & Stamina	Surya Namaskar Basics	Endurance
3/31/2026	9:00-10:00 am		Leg Strength	Thigh & calf strength
02/04/2026	9:00-10:00 am		Back Strength	Back muscles
4/7/2026	9:00-10:00 am		Core Strength	Abdomen & spine
4/9/2026	9:00-10:00 am		Abdomen & spine	Hamstrings & digestion
11/04/2026	9:00-10:00 am		Strength + Balance	Coordination
4/16/2026	9:00-10:00 am		Review Day	Confidence & control
4/18/2026	9:00-10:00 am	Detox & Mind Control	Twisting	Detox & spine twist
4/21/2026	9:00-10:00 am		Inversion Practice	Blood circulation
4/23/2026	9:00-10:00 am		Counter Poses	Body balance
4/25/2026	9:00-10:00 am		Advanced Flow	Stamina + calmness
4/28/2026	9:00-10:00 am		Stress Relief	Mental peace
4/30/2026	9:00-10:00 am		Meditation Focus & Self-Check	Concentration