

Yoga Batch Complete Study Plan

Date	Time	Subject	Topic	Faculty
22nd june	7am to 8.30 am	YOGA	Course Introduction	Shrestha Roy
24th june	7am to 8.30 am		Prayer	Shrestha Roy
26th june	7am to 8.30 am		Sukhsam Vayam (Day -1)	Shrestha Roy
29th june	7am to 8.30 am		Sukhsam Vayam (Day -2)	Shrestha Roy
1st july	7am to 8.30 am		Sthula Vayam Day-1	Shrestha Roy
3rd july	7am to 8.30 am		Sthula Vayam Day-2	Shrestha Roy
6th july	7am to 8.30 am		Surya Namaskar Day -1	Shrestha Roy
8th july	7am to 8.30 am		Surya Namaskar Day -2	Shrestha Roy
10th july	7am to 8.30 am		Sitting Yogasana Day -1	Shrestha Roy
13th july	7am to 8.30 am		Sitting Yogasana Day -2	Shrestha Roy
15th july	7am to 8.30 am		Sitting yogasana Advance	Shrestha Roy
17th july	7am to 8.30 am		Supine position yogasana	Shrestha Roy
20th july	7am to 8.30 am		Supine position yoga Advance	Shrestha Roy
22th july	7am to 8.30 am		Prone position yogasana	Shrestha Roy
24th july	7am to 8.30 am		Prone Position yoga advance	Shrestha Roy
27th july	7am to 8.30 am		Standing position yoga	Shrestha Roy
29th july	7am to 8.30 am		Balancing yoga	Shrestha Roy
31th july	7am to 8.30 am		Inverted pose yogasana	Shrestha Roy
3rd Aug	7am to 8.30 am		Inverted pose yoga advance	Shrestha Roy
5th Aug	7am to 8.30 am		Twisting yogasana	Shrestha Roy
7th Aug	7am to 8.30 am		Front + Back bending	Shrestha Roy
10th Aug	7am to 8.30 am		Pranayama Day-1	Shrestha Roy
12th Aug	7am to 8.30 am		Pranayama Day-2	Shrestha Roy
14th Aug	7am to 8.30 am		Pranayama Day-3	Shrestha Roy
17th Aug	7am to 8.30 am		Dhyanasan	Shrestha Roy
19th Aug	7am to 8.30 am		Swasthasana Day-1	Shrestha Roy
21th Aug	7am to 8.30 am		Swasthasana Day-2	Shrestha Roy
24th Aug	7am to 8.30 am		Swasthasana Day-3	Shrestha Roy
26th Aug	7am to 8.30 am		Swasthasana Day-4	Shrestha Roy
28th Aug	7am to 8.30 am		Swasthasana Day-5	Shrestha Roy
31st Aug	7am to 8.30 am		Swasthasana Day-6	Shrestha Roy
2nd sep	7am to 8.30 am		Swasthasana Day-7	Shrestha Roy
4th sep	7am to 8.30 am		Yog Nidra	Shrestha Roy