

Evening Yoga Batch

- 21st July - 8.00pm to 9.45 pm - Course Introduction
- 23rd July - 8.00pm to 9.45 pm - Prayer
- 25th July - 6.30pm to 8.00 pm- Sukhsam Vayam (Day -1)
- 28th July - 8.00pm to 9.45 pm- Sukhsam Vayam (Day -2)
- 30th July - 8.00pm to 9.45 pm- Sukhsam Vayam Final Day
- 1st Aug - 6.30pm to 8.00 pm- Sthula Vayam (Day-1)
- 4th Aug - 8.00pm to 9.45 pm- Sthula Vayam (Day -2)
- 6th Aug - 8.00pm to 9.45 pm - Surya Namaskar (Day -1)
- 8th Aug - 6.30pm to 8.00 pm - Surya Namaskar (Day -2)
- 11th Aug - 8.00pm to 9.45 pm - Sitting Yogasana (Day -1)
- 13th Aug - 8.00pm to 9.45 pm - Sitting yogasana (Day -2)
- 18th Aug - 8.00pm to 9.45 pm - Supine position yogasana
- 20th Aug - 8.00pm to 9.45 pm - Supine position yoga Advance
- 22nd Aug - 6.30pm to 8.00 pm - Prone position yogasana
- 25th Aug - 8.00pm to 9.45 pm - Prone Position yoga advance
- 27th Aug - 8.00pm to 9.45 pm - Standing position yoga
- 29th Aug - 6.30pm to 8.00 pm - Balancing yoga
- 1st Sep - 8.00pm to 9.45 pm- Inverted pose yogasana
- 3rd Sep - 8.00pm to 9.45 pm- Inverted pose yoga advance
- 8th Sep - 8.00pm to 9.45 pm - Twisting yogasana
- 10th Sep - 8.00pm to 9.45 pm - Front + Back bending
- 12th Sep - 6.30pm to 8.00 pm - Pranayama (Day-1)
- 15th Sep - 8.00pm to 9.45 pm -Pranayama (Day-2)
- 17th Sep - 8.00pm to 9.45 pm - Pranayama (Day-3)
- 19th Sep - 6.30pm to 8.00 pm - Dhyanasan
- 22nd Sep - 8.00pm to 9.45 pm - Swasthasana (Day-1)

24th Sep - 8.00pm to 9.45 pm - Swasthasana (Day-2)

26th Sep - 6.30pm to 8.00 pm -Swasthasana (Day-3)

29th Sep - 8.00pm to 9.45 pm -Swasthasana (Day-4)

1st Oct - 8.00pm to 9.45 pm -Swasthasana (Day-5)

3rd Oct - 6.30pm to 8.00 pm - Swasthasana (Day-6)

6th Oct - 8.00pm to 9.45 pm -Swasthasana (Day-7)

8th Oct - 18.00pm to 9.45 pm - Yog Nidra

