

## Morning Yoga Batch

16/09/2026 - 7.00 am to 9.00am - Course Introduction

18/09/2026 - 7.00 am to 9.00 am - Prayer

21/09/2026 - 7.00 am to 9.00 am - Sukhsam Vayam

23/09/2026 - 7.00 am to 9.00 am - Sthula Vayam

25/09/2026 - 7.00 am to 9.00 am - Sitting yogasana

28/09/2026 - 7.00 am to 9.00 am - Supine position yogasana

30/08/2026 - 7.00 am to 9.00 am - Prone position yogasana

2/10/2026 - 7.00 am to 9.00 am - standing position yogasana

05/10/2026 - 7.00 am to 9.00 am - Twisting yogasana

07/10/2026 - 7.00 am to 9.00 am - Surya Namaskar

09/10/2026 - 7.00am to 9.00 am - Pranayama

