

STUDY PLAN

Evening Yoga Batch (Shrestha Mam)

27/10/2026	-	8.00pm to 10.00 pm	-	Course Introduction
29/10/2026	-	8.00pm to 10.00 pm	-	Prayer
31/10/2026	-	6.00pm to 8.00 pm	-	Sukhsam Vayam (Day -1)
3/11/2026	-	8.00pm to 10.00 pm	-	Sukhsam Vayam (Day -2)
5/11/2026	-	8.00pm to 10.00 pm	-	Sukhsam Vayam Final Day
7/11/2026	-	6.00pm to 8.00 pm	-	Sthula Vayam (Day-1)
10/11/2026	-	8.00pm to 10.00 pm	-	Sthula Vayam (Day -2)
12/11/2026	-	8.00pm to 10.00 pm	-	Surya Namaskar (Day -1)
14/11/2026	-	6.00pm to 8.00 pm	-	Surya Namaskar (Day -2)
17/11/2026	-	8.00pm to 10.00 pm	-	Sitting Yogasana (Day -1)
19/11/2026	-	8.00pm to 10.00 pm	-	Sitting yogasana (Day -2)
21/11/2026	-	6.00pm to 8.00pm	-	Supine position yogasana
24/11/2026	-	8.00pm to 10.00 pm	-	Supine position yoga Advance
26/11/2026	-	8.00pm to 10.00 pm	-	Prone position yogasana
28/11/2026	-	6.00pm to 8.00 pm	-	Prone Position yoga advance
1/12/2026	-	8.00pm to 10.00 pm	-	Standing position yoga
3/12/2026	-	8.00pm to 10.00 pm	-	Balancing yoga
5/12/2026	-	6.00pm to 8.00 pm	-	Inverted pose yogasana
8/12/2026	-	8.00pm to 10.00pm	-	Inverted pose yoga advance
10/12/2026	-	8.00pm to 10.00 pm	-	Twisting yogasana
12/12/2026	-	6.00pm to 8.00 pm	-	Front + Back bending

15/12/2026	-	8.00pm to 10.00 pm	-	Pranayama (Day-1)
17/12/2026	-	8.00pm to 10.00 pm	-	ranayama (Day-2)
19/12/2026	-	6.00pm to 8.00 pm	-	Pranayama (Day-3)
22/12/2026	-	8.00pm to 10.00 pm	-	Dhyanasana
24/12/2026	-	8.00pm to 10.00 pm	-	Swasthasana (Day-1)
26/12/2026	-	6.00pm to 8.00 pm	-	Swasthasana (Day-2)
29/12/2026	-	8.00pm to 10.00 pm	-	wasthasana (Day-3)
31/12/2026	-	8.00pm to 10.00 pm	-	Swasthasana (Day-4)
2/01/2027	-	6.00pm to 8.00 pm	-	wasthasana (Day-5)
5/01/2027	-	8.00pm to 10.00 pm	-	Swasthasana (Day-6)
7/01/2027	-	8.00pm to 10.00 pm	-	wasthasana (Day-7)
09/01/2027	-	6.00pm to 8.00 pm	-	Yog Nidra
11/01/2027	-	8.00pm to 10.00 PM	-	Yog Nidra (2)