

### APPENDIX - III

#### SCHEDULED YOGA TRAINING : which includes

1. Sukshma Kriyas : Movements and rotations of joints.
2. Asanas : Sukhasan, Swastikasan, Padmasan, Padhastasan, Trikonasan, Chakrasana, Paschimottanasan, Ekpadsirasana, Yogmudrasana, Makarasan, Bhujangasan, Uttanpadasana, Shalabhasana, Shavasana, Katti Utthanasana, Ushtrasana, Vakrasana, Ardhamatsyendrasana, Halasana, Sarvangasan, Shirsasan, Pavanmuktasan, Dhanurasana.
3. Suryanamaskar : Sequential yogic exercises.
4. Pranayamas : One nostril breathing, alternate nostril breathing voluntary controlled breathing, purak kumbhaka and rechaka, anulom - vilom, pranayam.
5. Kriyas : Tratak, kapalbhati.
6. Bandhas : Jalandhar, Uddiyan & mulbandh.
7. Meditation : Shavashan meditation (Yognidra)
8. Others : Omkar chanting, prayers and theory classes for G.K. of yoga, anatomy - physiology of yoga, stress and stress related disorders.