

Yoga Protocol for Adults

S. No	Yoga practices	Rounds	Duration
1	Prayer		1 minute
2	Yogic SukshmaVyayama (micro circulation practice)		8 minutes
	a)Neck movements:		
	• Forward and backward bending	3 rounds	
	• Right and left bending	3 rounds	
	• Right and left twisting	3 rounds	
	• Neck rotation (Clock and anti-clock wise)	3 rounds	
	b)Shoulder movements	3 rounds	
	• Shoulder stretch	3 rounds	
	• Shoulder rotation (forward and back ward)	3 rounds	
	c)Trunk movement		
	• Trunk twisting (Kati shakti Vikasak)	3 rounds	
	• d)Knee Movement	5 rounds	
	e)Ankle movement	5 rounds	
	• Ankle stretch	5 rounds	
	• Ankle rotation	5 rounds	
3	Yogic SthulaVyayama		3 minutes
	Sarvangapusti	2 rounds	
	Rekhagati	2 rounds	
	Urdhva-gati (upward movement)	2 rounds	
4	Suryanamaskar	3 rounds	5 minutes
5	Yogasanas		15 Minutes
	a.Standing Postures		
	• Tadasana		
	• Urdhva Hastottanasana		
	• Katichakrasana		
	• Trikonasana		
	b.Sitting Postures		
	• Bhadrasana		
	• Vakrasana/ArdhaMatsyendrasana		
	• Ushtrasana		
	• Sasakasana		
	• UtanaMandukasana		
	c.Prone Postures		
	• Bhujangasana		
	• Makarasana		
	• Dhanurasana		
	d.Supine Postures		
	• Pavanamuktasana		
	• Matsyasana		
	• Sarvangasana/ Viparitarani		
	• Shavasana		
6	Kapalabhati – optional	(10-20strokes)	1 Minute
7	Pranayama (without Kumbhaka)		6 minutes
	• Anuloma-Viloma/ Nadishodhana (Alternate Nostril Breathing)	3 rounds	
	• Ujjayi Pranayama	3 rounds	
	• Bhramari Pranayama	3 rounds	
8	Dhyana		5 Minutes
9	Shanti Patha		1 Minute
	TOTAL DURATION		45 Minutes

