

Yoga for 40⁺ Women (Age group 40- 50 years)

| S. NO. | YOGA PRACTICES | ROUNDS | DURATION |
|--------|---|-----------|-------------------|
| 1. | PRAYER | | 1 Minutes |
| 2. | KRIYAS | | 8 Minutes |
| | - Kunjal | | |
| | - Sutra Neti/ JalaNeti | | |
| | - Kapalbhathi | | |
| 3. | YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices) | | 8 Minutes |
| | Neck Movements: | | |
| | - Forward and Backward bending | 03 Rounds | |
| | - Right and Left bending | 03 Rounds | |
| | - Right and Left Twisting | 03 Rounds | |
| | - Neck Rotation (clockwise & anti clockwise) | 03 Rounds | |
| | Shoulder Movements | 03 Rounds | |
| | - Shoulder Stretch | 03 Rounds | |
| | - Shoulder Rotation (Forward & Backward) | 03 Rounds | |
| | Trunk Twisting | 03 Rounds | |
| | Ankle movement | 03 Rounds | |
| | - Ankle stretch | 03 Rounds | |
| | - Ankle rotation | 03 Rounds | |
| 4. | SURYA NAMASKAR | 03 Rounds | 5 Minutes |
| 5. | YOGASANAS | | 12 Minutes |
| | STANDING POSTURES | | |
| | - Tadasana | | |
| | - Hasttotanasana | | |
| | - ArdhaKaticakrasana | | |
| | - Padahasthasana | | |
| | SITTING POSTURES | | |
| | - Bhadrasana | | |
| | - Paschimottanasana | | |
| | - Vajrasana | | |
| | - Ustrasana | | |
| | - Shashakasana | | |
| | - Vakrasana | | |
| | PRONE POSTURES | | |
| | - Bhujangasana | | |
| | - Shalabhasana | | |
| | - Makrasana | | |
| | SUPINE POSTURES | | |
| | - Uttithadweepadasana (Uttanapadasana) | | |
| | - Ardha- halasana | | |
| | - Sethubandhasana | | |
| | - Matsyasana | | |
| | - Pawanamuktasana | | |
| | - Shavasana | | |
| 6. | PRANAYAMA: | | 5 Minutes |
| | - NadiSodhana Pranayama | 5 Rounds | |
| | - Ujjai Pranayama | 3 Rounds | |
| | - Bhramari Pranayama | 3 Rounds | |
| 7. | DHYANA | | 5 Minutes |
| 8. | SHANTI PATHA | | 1 Minute |
| | TOTAL TIME | | 45 Minutes |

Note: Yogic practices should be performed according to their own capacity.