

## Yoga for 65<sup>+</sup> Women (Age group 65-85 years)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	<b>PRAYER</b>		<b>01 Minutes</b>
2.	<b>KRIYAS</b>		<b>08 Mintues</b>
	- JalaNeti		
	- Kapalbhathi (30 Strokes) 3 times		
	- Trataka		
3.	<b>YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)</b>		<b>05 Minutes</b>
	<b>Neck Movements:</b>		
	- Forward and Backward bending	03 Rounds	
	- Right and Left Twisting	03 Rounds	
	<b>Shoulder Movements</b>	03 Rounds	
	- Shoulder Stretch	03 Rounds	
	- Shoulder Rotation (Forward & Backward )	03 Rounds	
	<b>Trunk Twisting</b>	03 Rounds	
	<b>Ankle movement (In Sitting Position)</b>	03 Rounds	
	- Ankle stretch	03 Rounds	
	- Ankle rotation	03 Rounds	
4.	<b>YOGASANAS</b>		<b>15 Minutes</b>
	<b>STANDING POSTURES</b>		
	- Tadasana		
	- Hastottanasana		
	- ArdhaKaticakrasana		
	- Padahastanasana		
	<b>SITTING POSTURES</b>		
	- Dandasana		
	- SaralYogamudrasana		
	- Bhadrasana		
	- Marjariasana		
	- Vakrasana		
	<b>PRONE POSTURES</b>		
	- SaralBhujangasana		
	- ArdhaShalbhasana (Ekapada)		
	- Makrasana		
	<b>SUPINE POSTURES</b>		
	- UttithEkpadasana		
	- Ardha- halasana		
	- EkpadaPawanmuktasana		
	- Markatasana		
	- Shavasana		
5.	<b>PRANAYAMA:</b>		<b>10 Minutes</b>
	- Sectional Breathing	5 Rounds	
	- NadiSodhana Pranayama	5 Rounds	
	- Bhramari Pranayama	5 Rounds	
6.	<b>DHYANA</b>		<b>5 Minutes</b>
7.	<b>SHANTI PATHA</b>		<b>1 Minute</b>
	<b>TOTAL TIME</b>		<b>45 Minutes</b>

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