

## Yoga for Adolescent (Age group 8 to 16years)

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	<b>PRAYER</b>		<b>02 Minutes</b>
2.	<b>YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)</b>		<b>08 Minutes</b>
	<b>Neck Movements:</b>		
	- 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	
	<b>Shoulder Movements</b>	03 Rounds	
	- Shoulder Stretch	03 Rounds	
	- Shoulder Rotation (Forward & Backward )	03 Rounds	
	<b>Knee Movement</b>	03 Rounds	
	<b>Ankle movement</b>	03 Rounds	
	• Ankle stretch	03 Rounds	
	• Ankle rotation	03 Rounds	
3.	<b>SURYA NAMASKAR</b>	03 Rounds	<b>05 Minutes</b>
4.	<b>YOGASANAS</b>		<b>15 Minutes</b>
	<b>STANDING POSTURES</b>		
	- Tadasana		
	- Vrikshasana		
	- Padahastasana		
	- Trikonasana		
	- Garudasana		
	<b>SITTING POSTURES</b>		
	- Padmasana		
	- Vajrasana		
	- Ushtrasana		
	- Shashankasana		
	- Ardha Matsyendrasana		
	- Gomukhasana		
	- Bhadrasana		
	<b>PRONE POSTURES</b>		
	- Makarasana		
	- Bhujangasana		
	- Shalabhasana		
	- Dhaurasana		
	<b>SUPINE POSTURES</b>		
	- Ardha- halasana		
	- Sethu bandhasana		
	- Sarvangasana		
	- Chakrasana		
	- Pawanamuktasana		
	- Shavasana		
5.	<b>KAPHALA BHATI</b>	3 rounds	<b>03 Minutes</b>
6.	<b>PRANAYAMA:</b>		<b>06 Minutes</b>
	- Nadi Sodhana Pranayama	5 Rounds	
	- Bhramari Pranayama	5 Rounds	
	- Sitali pranayama	5 Rounds	
7.	<b>DHYANA</b>		<b>5 Minutes</b>
8.	<b>SHANTI PATHA</b>		<b>1 Minute</b>
	<b>TOTAL DURATION</b>		<b>45 Minutes</b>