

## Yoga Protocol for Mental Health

S. No	Yoga practices	Rounds	Duration
1	<b>Prayer</b>		1 minute
2	<b>Yogic Sukshma Vyayama</b> (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	<b>Yogic Sthula Vyayama</b>		3 rounds
	Sarvanga Pusti		
4	<b>Yogasanas</b>		20 Minutes
	<b>a.Standing Postures</b>		
	• Tadasana		
	• Urdhva Hastottanasana		
	• Katichakrasana		
	• Trikonasana		
	<b>b.Supine Postures</b>		
	• Pavanamuktasana		
	• Sarala Matsyasana		
	• Sarvangasana/ Viparitakarani**		
	• Setubandhasana		
	• Shavasana		
	<b>c.Prone Postures</b>		
	• Bhujangasana		
	• Makarasana		
	• Dhanurasana **		
	<b>d.Sitting Postures</b>		
	• Vakrasana/Ardha Matsyendrasana		
	• Ushtrasana		
	• Janu Shirasana / pashchimottanasana		
	• Utana Mandukasana		
5	<b>Kapalabhati</b> – optional	(10-20strokes)	2 Minute
6	<b>Pranayama</b> (without Kumbhaka)		8 minutes
	• Ujjayi	5 rounds	
	• Anuloma-Viloma/ Nadishodhana (Alternate Nostril Breathing)	3 rounds	
	• Bhramari Pranayama	5 rounds	
7	<b>Dhyana</b>		5 Minutes
8	<b>Shanti Patha</b>		1 Minute
	Total:		45 Minutes