

Boost immunity with SARVA Yoga

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 Pragya yoga Intensity: Moderate	2 Tibetan rites Intensity: Moderate	3 Detox twists Intensity: Moderate	4 Hip opening flow Intensity: Moderate	5 Power Vinyasa flow Intensity: High	6 Seated hatha and pranayama Intensity: Low
7	8 Chair yoga Intensity: Moderate	9 Prithvi namaskar Intensity: Moderate	10 Atmananda yoga Intensity: Moderate	11 Balancing flow Intensity: Moderate	12 Core flow Intensity: High	13 Restorative yoga Intensity: Low
14	15 Hatha yoga Intensity: Moderate	16 Backbends/heart openers Intensity: Moderate	17 Yoga for joint mobility Intensity: Moderate	18 Detox twists Intensity: Moderate	19 Strength flow - bottles Intensity: High	20 Deep stretch Intensity: Low
21	20 Belt yoga Intensity: Moderate	21 Moon salutations Intensity: Moderate	22 Dynamic breathwork flow Intensity: Moderate	23 Sivananda yoga Intensity: Moderate	24 Cardio yoga flow Intensity: High	25 Yin yoga Intensity: Low
28	20 Pragya yoga Intensity: Moderate	28 Chair yoga Intensity: Moderate	29 Ashtanga inspired class Intensity: Moderate	30 Wall yoga Intensity: Moderate		



Do's

1. Include multiple pranayamas in a session.
2. Include twists in most of the sessions.
3. Plan classes with a healthy balance of strength, stretch and endurance.



Don'ts

1. Don't make the session monotonous.
2. Don't repeat the same pranayama everyday.
3. Don't push the member to practice extremely intense flows.
4. Don't forget to ask the member after each class about changes/ aches/pains etc.