

De-stress/relax with SARVA Yoga

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



Do's

1. Create a calm setting for the class with lights and music.
2. Design a sequence that's not too long or extensive.
3. Feel free to use props like pillows and blankets whenever needed.
4. Include more meditation and pranayama.
5. Be creative with your savasanas.



Don'ts

1. Don't push the member too much.
2. Don't forget to modify the postures, while giving the client the same result.
3. Don't always plan a hectic fast paced class.