

# Improve mobility and flexibility with SARVA Yoga

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



## Do's

1. Give enough time and planning to the warm ups.
2. Keep the warm-up dynamic.
3. Explain the stretch/movement and inform the client about the impact of each stretch on specific area.
4. Focus on breathing during every stretch.
5. Use props wherever you can.



## Don'ts

1. Don't ignore cramps/pulls strains.
2. Don't push the member to the point of pain.
3. Don't make the holds boring, talk to the member throughout each hold.