

Improve strength and stamina with SARVA Yoga

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



Do's

1. Be aware of the member's strength and weakness and track their progress accordingly.
2. Customise classes based on the member's need eg: toned/stronger legs etc.
3. Use props like blocks, weights in as many classes as possible.
4. Always make sure you stretch well at the end of the class.
5. Make sure to include a good warm up in every session.



Don'ts

1. Don't ignore injuries/pains- give time to rest and modifications for poses.
2. Don't forget to add bodyweight strength exercises and holds.
3. Don't forget to study and explain the difference between strength, stamina and endurance.



Intensity: High



Intensity: Moderate



Intensity: Medium/Low (M/L)