

Lose weight with SARVA Yoga

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



Do's

- Plan the whole class in advance.
- Keep it intense but give sufficient time for rest.
- Make sure there is a proper cool down at the end of the session.
- Design a longer cool down if the class is during late evening.
- Understand the member's fitness level and only push them accordingly.
- Focus on strength and toning along with weight loss.
- Include pranayama sequence that helps in weight loss.



Don'ts

- Don't skip warmup.
- Don't work the entire body in every class, focus on specific parts.
- Don't forget to modify the postures, while giving the client the same result.
- Don't push the member beyond their potential.



Intensity: High



Intensity: Moderate



Intensity: Medium/Low(M/L)