

**Schedule**

<b>Days</b>	<b>Morning 0900-1000 hrs</b>	<b>Morning 1030-1130 hrs</b>	<b>Noon 1200-1300 hrs</b>	<b>Afternoon 1700-1800 hrs</b>	<b>Evening 1830-1930 hrs</b>
MON				Batch 3	Batch 4
TUE	Batch 7	Batch 10 (Advance)	Batch 2	Batch 9	Batch 5 (Advance)
WED	Batch 1	Batch 11 Advance)	Batch 8	Batch 3	Batch 6
THU	Batch 7	Batch 10(Advance)	Batch 2	Batch 9	Batch 4
FRI	Batch 1	Batch 11 (Advance)	Batch 8	Batch 6	Batch 5 (Advance)

**Note: Each batch 2 lessons per week, except Batch 12,13 and 14 which has only 1 lesson per week.**

	<b>Morning 0745-0845 hrs</b>	<b>Morning 0900-1030 hrs</b>	<b>Morning 1100-1230 hrs</b>
<b>SAT</b>	Batch 14	Batch 12(Advance)	Batch 13

**Levels****First-Second Month (Prathama)**

1. Introduction of Yoga.
2. Yoga Prayer.
3. 40 Yogic Subtle Exercises (Yogic Sukshma Vyayam).
4. 15 yoga postures (Yogasan).
5. Different types of Breathing.
6. OM Chanting.
7. Cleansing process: Neti Kriya.

**Third-Fourth Month (Madhyama)**

1. Philosophy of Yoga.
2. Few more subtle exercises.
3. Sun Salutation (Surya Namasker).
4. Pranayama - theory& practice.
5. Meditation.
6. Ethics of Yoga.
7. Cleansing process- Kunjal kriya.

**Fifth-Sixth Month (Antima)**

1. Yoga Nidra for Stress Management.
2. Practice of advanced asanas.
3. Practice of Pranayama.

4. Mudra - Typs of mudras & its effects
5. Different chantings.
6. Meditation.
7. Cleansing Process: Traatak

**Location**

VCC Yoga Room - 4F

**Maximum Students**

Maximum 20 students per batch

**Age Limit**

Students should be 13 or older

**ICC Yoga Teacher**

**Pandit Ravindranath Vempati**