

Sneha Yoga Schedule

Week - I

Day - 1

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Instructions
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 2

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 3

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Kriya	Jalaneti
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 4

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day - 5

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Kriya	Jalaneti
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 6

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Week – II

Day – 1

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Instructions
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 2

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 3

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Kriya	Jalaneti
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 4

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 5

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 6

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Week – III

Day – I

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Instructions
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice

Day – 2

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Introduction to Kumbhaka

Day – 3

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Kriya	Jalaneti
12:30 – 01:30pm	Mantra Chanting & Pranyama	Introduction to Kumbhaka

Day – 4

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Introduction to Kumbhaka

Day – 5

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Introduction to Kumbhaka

Day – 6

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Introduction to Kumbhaka

Week – IV**Day – 1**

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Instructions
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama

Day – 2

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama

Day – 3

Time	Subject	Structure
09:00 – 10:30am	Mahanyasa Yoga Practice	Anushthana Krama (Self-Practice)
11:30 – 12:00pm	Asana Name & Drishti Practice	Chanting & Practice
12:00 – 12:30pm	Kriya	Jalaneti
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama

Day – 4

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Lecture	Importance of Anushthana
12:00 – 12:30pm	Discussion	Mahanyasa Yoga Practice back home
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama

Day – 5

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	Anushthana Krama
11:30 – 12:00pm	Lecture	Food Habit
12:00 – 12:30pm	Discussion	Mahanyasa Yoga Practice back home
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama

Day – 6

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	With Vinyasa Count
11:30 – 12:00pm	Discussion	General
12:00 – 12:30pm	Seminar	Question & Answer session
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama
07:00 – 08:00pm	Valedictory	Function for 1 month completion

Note

Non-practice days:

1. Every month dates- 7, 14, 21, 28
2. Full moon and New moon days