

Sneha Yoga Schedule

Week - I

Day - 1

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With General Instructions (Group-1)
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercise's
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With General Instructions (Group-2)

Day – 2

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count(Group-2)

Day – 3

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	Anushthana Krama (Group-1)
11:30 – 12:00pm	Asana Name & Vinyasa Count	Chanting
12:00 – 12:30pm	Kriya	Jalaneti
12:30 – 01:30pm	Mantra Chanting & Pranyama	Practice
04:00 – 06:00pm	Mahanyasa Yoga Practice	Anushthana Krama (Group-2)

Day-4

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day- 5

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-2)

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Week - II

Day - 1

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With General Instructions (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With General Instructions (Group-2)

Day – 2

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 3

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	Anushthana Krama (Group-1)
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	Jala Neti & Pranyama	Practice
04:00 – 06:00pm	Mahanyasa Yoga Practice	Anushthana Krama (Group-2)

Day - 4

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 5

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-2)

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 6

Week III

Day – 1

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With General Instructions (Group-1)

11:30 – 12:00pm Asana Name & Vinyasa Count Chanting & Practice
 12:00 – 12:30pm Drishti Practice With Eye exercises
 12:30 – 01:30pm Mantra Chanting & Pranyama Practice
 04:00 – 06:00pm Sneha (Oil) Yoga Practice With General Instructions (Group-2)

Day – 2

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 3

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	Anushthana Krama (Group-1)
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	Jala Neti & Pranyama	Introduction to Kumbhaka
04:00 – 06:00pm	Mahanyasa Yoga Practice	Anushthana Krama (Group-2)

Day – 4

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 5

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-2)

Day – 6

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Week – IV

Day – 1

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Instructions (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Instructions (Group-2)

Day – 2

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 3

Time	Subject	Structure
07:00 – 09:00am	Mahanyasa Yoga Practice	Anushthana Krama (Group-1)
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	Jala Neti & Pranyama	Adopting Kumbhaka in Pranayama
04:00 – 06:00pm	Mahanyasa Yoga Practice	Anushthana Krama (Group-2)

Day – 4

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
11:30 – 12:00pm	Lecture	Importance of Anushthana
12:00 – 12:30pm	Discussion	Sneha Yoga Practice back home
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)

Day – 5

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-1)
11:30 – 12:00pm	Lecture	Food Habit
12:00 – 12:30pm	Seminar	Sneha Yoga Practice back home
12:30 – 01:30pm	Mantra Chanting & Pranyama	Adopting Kumbhaka in Pranayama
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-2)

Day – 6

Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
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
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)
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