Sneha Yoga Schedule

Week - I		
Time Subject	Day - 1 Structure	
Time Subject 07:00 – 09:00am Sneha (Oil) Yoga Practice		
11:30 – 12:00pm Asana Name & Vinyasa (
12:00 – 12:30pm Drishti Practice	With Eye exercise's	
12:30 – 01:30pm Mantra Chanting & Pran	•	
04:00 – 06:00pm Sneha (Oil) Yoga Practice		
04.00 – 00.00pm 3nena (On) 10ga i ractice	With General histractions (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 & Pran	yama 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 & Pran	yama 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 & Pran	yama 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 & Pran	•	
04:00 – 06:00pm Sneha (Oil) Yoga Practice		

Time	Subject	Structure
07:00 – 09:00am Sne	ha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
11:30 – 12:00pm Asana Name & Vinyasa Count Chanting		
12:00 – 12:30pm Dri	shti 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 Cour	nt Chanting
12:00 – 12:30pm	Drishti Practice	With Eye exercises
12:30 – 01:30pm	Mantra Chanting & Pranyam	a 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 Practi	ce Chanting & Practice
12:00 – 12:30pm	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm	Mantra Chanting & Pranyam	a Practice
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)
	_	
		y – 3
Time	Subject	Structure
	Mahanyasa Yoga Practice	Anushthana Krama (Group-1)
-	Asana Name & Drishti Practi	•
•	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
•	Jala Neti & Pranyama	Practice
04:00 – 06:00pm	Mahanyasa Yoga Practice	Anushthana Krama (Group-2)
	Da	y - 4
Time	Subject	Structure
07:00 – 09:00am	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
	Asana Name & Drishti Practi	
=	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
-	Mantra Chanting & Pranyam	
-	Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)
•		•
_	Day – 5	
Time	Subject	Structure
	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-1)
•	Asana Name & Drishti Practi	S
-	Vinyasa Count in Asana	Adopting Vinyasa count in Asana
-	Mantra Chanting & Pranyam	
04:00 – 06:00pm	Sneha (Oil) Yoga Practice	Anushthana Krama (Group-2)
Time	Subject	Structure
	Subject neha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
	Asana Name & Drishti Practice	
•	'inyasa Count in Asana	Adopting Vinyasa count in Asana
-	Iantra Chanting & Pranyama	
-	neha (Oil) Yoga Practice	With Vinyasa Count (Group-2)
04.00 - 00.00pm 31		
Day – 6		<i>y</i> ~
	Wee	ek III

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

Day – 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	<u>, </u>
04:00 – 06:00pm Sneha (Oil) Yoga Practice	With General Instructions (Group-2)
-	_
Day	
Time Subject	Structure
07:00 – 09:00am Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
11:30 – 12:00pm Asana Name & Drishti Practic	•
12:00 – 12:30pm Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm Mantra Chanting & Pranyama	
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 Practic	· • • • • • • • • • • • • • • • • • • •
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)
, and the second	(, ,
Day	
Time Subject	Structure
07:00 – 09:00am Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
11:30 – 12:00pm Asana Name & Drishti Practic	
12:00 – 12:30pm Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm Mantra Chanting & Pranyama	
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 Practic	e 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)
D	
Day Time Subject	Structure
07:00 – 09:00am Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
11:30 – 12:00pm Asana Name & Drishti Practic	
12:00 – 12:30pm Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm Mantra Chanting & Pranyama	
04:00 – 06:00pm Sneha (Oil) Yoga Practice	With Vinyasa Count (Group-2)
04.00 00.00pm Sheha (Oh) 10ga i ractice	Will Villyasa Court (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 Practic	_
12:00 – 12:30pm Vinyasa Count in Asana	Adopting Vinyasa count in Asana
12:30 – 01:30pm Mantra Chanting & Pranyama	
04:00 – 06:00pm Sneha (Oil) Yoga Practice	With Instructions (Group-2)

Day – 2		- 2	
Time	Subject	Structure	
07:00 - 09:00am Sneh	a (Oil) Yoga Practice	With Vinyasa Count (Group-1)	
11:30 – 12:00pm Asar	11:30 – 12:00pm Asana Name & Drishti Practice Chanting & Practice		
12:00 – 12:30pm Viny	asa Count in Asana	Adopting Vinyasa count in Asana	
12:30 – 01:30pm Man	tra Chanting & Pranyama	Adopting Kumbhaka in Pranayama	
04:00 – 06:00pm Sneh	a (Oil) Yoga Practice	With Vinyasa Count (Group-2)	
	Day	-3	
Time	Subject	Structure	
07:00 – 09:00am Mah	•	Anushthana Krama (Group-1)	
	na Name & Drishti Practice	•	
12:00 – 12:30pm Viny		Adopting Vinyasa count in Asana	
12:30 – 01:30pm Jala I	Neti & Pranyama	Adopting Kumbhaka in Pranayama	
04:00 – 06:00pm Mah	anyasa Yoga Practice	Anushthana Krama (Group-2)	
	Day	_ 1	
Time	Subject	Structure	
07:00 – 09:00am Sneh	•	With Vinyasa Count (Group-1)	
11:30 – 12:00pm Lectu		Importance of Anushthana	
12:00 – 12:30pm Disci		Sneha Yoga Practice back home	
-		Adopting Kumbhaka in Pranayama	
04:00 – 06:00pm Sneh	•	With Vinyasa Count (Group-2)	
	D	F	
Time	Day Subject	- 5 Structure	
07:00 – 09:00am Sneh	-	Anushthana Krama (Group-1)	
11:30 – 12:00pm Lectu		Food Habit	
12:00 – 12:30pm Semi		Sneha Yoga Practice back home	
•		Adopting Kumbhaka in Pranayama	
•	· ·	Anushthana Krama (Group-2)	
1	() 0	· · · · · ·	
Day – 6			
Time	Subject	Structure	
07:00 – 09:00am Sneh	, , ,	With Vinyasa Count (Group-1)	
11:30 – 12:00pm Disc		General	
12:00 – 12:30pm Semi		Question & Answer session	
12:30 – 01:30pm Mantra Chanting & Pranyama Adopting Kumbhaka in Pranayama			

rime	Subject	Structure
07:00 – 09:00am Sne	eha (Oil) Yoga Practice	With Vinyasa Count (Group-1)
11:30 – 12:00pm Dis	cussion	General
12:00 – 12:30pm Ser	ninar	Question & Answer session
12:30 – 01:30pm Ma	ntra Chanting & Pranyar	na Adopting Kumbhaka in Pranayama
04:00 – 06:00pm Sne	eha (Oil) Yoga Practice	With Vinyasa Count (Group-2)
07:00 - 08:00pm Val	edictory	Function for 1 month completion

<u>Note</u>

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