

Certificate Programme in Yoga (CPY)

Schedule for online class

In the month of November 2023

Date	Time	Subject - topic	Google meet link
Day 1 13/11/23	9.45 to 11.00 am	Introduction Suryanamaskara Standing Asana Tādāsana, Ardhakaṭīcakrāsana, Trikoṇāsana, Vṛkṣāsana Sitting Asana Daṇḍāsana, Sukhāsana, , Śaśānkāsana,	https://meet.google.com/srt-gopg-uxv
Day 2 14/11/23	9.45 to 11.00 am	Vajrāsana, Kakasana, Mandukasana Prone Asana Makarāsana, Bhujāṅgāsana, Śalabhāsana, Supine Asana Śavāsanam,	https://meet.google.com/srt-gopg-uxv
Day 3 15/11/23		Paścimottānāsana, Uṣṭrāsana, Ardhamatsyendrāsana, Uttanmandukasana Prone Asana Śalabhāsana, Dhanurāsana, Supine Asana Śavāsanam, Sarvāṅgāsanam, Matsyāsanam, Chakrāsanam Ardhaśīrṣāsana, Pawanmuktasana, Setubandhanasan	https://meet.google.com/srt-gopg-uxv
Day 4 16/11/23		andhichalana series, Suryanamaskara Standing Asana Ardhakaṭīcakrāsana, Trikoṇāsana, , Pārsvakoṇāsana, Parivṛtatrikoṇāsana Sitting Asana Siddhāsana, Padmāsana, Yogamudrāsana, Śaśānkāsana, , Suptavajrāsana, Paścimottānāsana, Uṣṭrāsana, Ardhamatsyendrāsana, Uttanmandukasana Prone Asana Śalabhāsana, Dhanurāsana, Supine Asana Śavāsanam, Sarvāṅgāsanam, Matsyāsanam, Chakrāsanam Ardhaśīrṣāsana, Pawanmuktasana, Setubandhanasana	https://meet.google.com/srt-gopg-uxv

<p>Day 5 17/11/23</p>		<p>Sandhichalana series, Suryanamaskara Standing Asana Ardhaṭīcakrāsana, Trikoṇāsana, , Pārsvakoṇāsana, Parivṛtatrikoṇāsana, Garudasana, Ardhaṭīcakrāsana Sitting Asana Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Uṣṭrāsana, Ardhamatsyendrāsana, Haṁsāsana, Mayūrāsana Prone Asana Śalabhāsana, Dhanurāsana, Supine asana Śavāsanam, Sarvāṅgāsana, Matsyāsana, Halāsana, , Chakrāsana, , Śīrṣāsana, Dhanurasana</p>	<p>https://meet.google.com/srt-gopg-uxv</p>
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<p>Day 6 18/11/23</p>	<p>9.45 to 11.00 am</p>	<p>Paścimottānāsana, Uṣṭrāsana, Ardhamatsyendrāsana, Uttanmandukasana Prone Asana Śalabhāsana, Dhanurāsana, Supine Asana Śavāsanam, Sarvāṅgāsana, Matsyāsana, Chakrāsana Ardhaśīrṣāsana, Pawanmuktasana, Setubandhanasan</p>	<p>https://meet.google.com/srt-gopg-uxv</p>
<p>Day 7 20/11/23</p>	<p>9.45 to 11.00 am</p>	<p>Suryanamaskara Standing Asana Tāḍāsana, Ardhaṭīcakrāsana, Ardhaṭīcakrāsana, Trikoṇāsana, Parivṛtatrikoṇāsana, Pārsvakoṇāsana, Vṛkṣāsana, Garudasana Sitting Asana Siddhāsana, Yogamudrāsana, Suptavajrāsana, Paścimottānāsana, Uṣṭrāsana,</p>	<p>https://meet.google.com/srt-gopg-uxv</p>
<p>Day 8 21/11/23</p>	<p>9.45 to 11.00 am</p>	<p>Ardhamatsyendrāsana, Haṁsāsana, Mayūrāsana Daṇḍāsana, Sukhāsana, Siddhāsana, Padmāsana, Yogamudrā, Śaśāṅkāsana, Vajrāsana, Suptavajrāsana, Vīrāsana, SuptaVīrāsana, Paścimottānāsana,</p>	<p>https://meet.google.com/srt-gopg-uxv</p>

			Uṣṭrāsana, Vagrāsana,	
Day 9 22/11/23	9.45 to 11.00 am		Ardhamatsyendrāsana, Hamsāsana,(optional) Prone asana Śalabhāsana, Dhanurāsana, Supine Asana Śavāsana, Sarvāṅgāsana, Matsyāsana, Halāsana, Viparītakarīṇī, Chakrāsana Kakasana, Ardhaśīrṣāsana	https://meet.google.com/srt-qopg-uxv
Day10 23/11/23	9.45 to 11.00 am		Shat Karma (Cleansing techniques) Kapalabhati (according to hatha pradīpika) Neti-Nasal passage cleansing Dhauti (Vamana)- Gastro-Esophageal Track cleansing Trataka Suryanamaskara Standing Asana Ardhakaṭīcakrāsana,	https://meet.google.com/srt-qopg-uxv
Day 11 24/11/23	9.45 to 11.00 am		Paścimottānāsana, Uṣṭrāsana, Ardhamatsyendrāsana, Uttanmandukasana Prone Asana Śalabhāsana, Dhanurāsana, Supine Asana Śavāsana, Sarvāṅgāsana, Matsyāsana, Chakrāsana Ardhaśīrṣāsana, Pawanmuktasana, Setubandhanasana	https://meet.google.com/srt-qopg-uxv
Day 12	9.45 to 11.00 am		Pranayama (Regulation of Breath) Puraka (Inhalation), Rechaka (Exhalation) and Kumbhaka (Retention) Nadishodhana, Bhrāmarī , Sithali,	https://meet.google.com/srt-qopg-uxv

25/11/23			<p>Mudras (Locks) Chin Mudra Jnana Mudra Bandhas (Gestures) Jalandha Bandha Uddiyana Bandha Moola Bandha Bandhas (Gestures) Jalandha Bandha Uddiyana Bandha Moola Bandha Maha Bandha Bandhas (Gestures) Jalandha Bandha Uddiyana Bandha Moola Bandh</p>	
Day13 26/11/23	9.45 to 11.00 am		<p>Pranayama (Regulation of Breath) Nadishodhana, Surya Bhedhana, Bhrāmarī , Sitkari Mudras (Locks) Chin Mudra Jnana Mudra Brahma Mudra Bandhas (Gestures) Jalandha Bandha Uddiyana Bandha Moola Bandha</p>	https://meet.google.com/srt-gopg-uxv
Day14 28/11/23	9.45 to 11.00 am		<p>Pranayama (Regulation of Breath) Surya Bhedhana, Ujjāyī, Bhastrika, Mudras (Locks) Chin Mudra Jnana Mudra Brahma Mudra Bandhas (Gestures) Jalandha Bandha Uddiyana Bandha Moola Bandha Suryanamaskara Standing Asana Ardhakaṭīcakrāsana, Trikoṇāsana, ,</p>	https://meet.google.com/srt-gopg-uxv
Day15 29/11/23	9.45 to 11.00 am		<p>Pārśvakoṇāsana, Parivṛtatrikoṇāsana Sitting Asana Siddhāsana, Padmāsana, Yogamudrāsana, Śaśāṅkāsana, , Suptavajrāsana, Paścimottānāsana, Uṣṭrāsana, Ardhamatsyendrāsana, Uttanmandukasana Prone Asana Śalabhāsana, Dhanurāsana,</p>	https://meet.google.com/srt-gopg-uxv

		<p>Supine Asana Śavāsanam, Sarvāṅgāsanam, Matsyāsanam, Chakrāsanam Ardhaśīrṣāsana, Pawanmuktasana, Setubandhanasana</p> <p>Internal assessment</p>	