

SENTIA THE GLOBAL SCHOOL

YOGA CURRICULUM

Class – 1 & 2

STARTING : MRITYUNJAYA MATNRA

Om thryambakam yajaamahe

Sugandhim pusstti vardhanam

Urvaaruka mivabandhanaath

Mrutyor muksheeya maamrutaat

MONTH	EXERCISES
MARCH & APRIL	1. MRITYUNJAYA MATNRA 2. GAYATRI MATNRA 3. Padamasana 4. Badrasana 5. Vajrasana
JUNE & JULY	1. Padahastasana 2. Uthanasana 3. Dwikonasana 4. Trikonasana
AUGUST & SEPTEMBER	1. Naukasana 2. Uthana Padasana 3. Pawana muktasana 4. Bhujangasana
SEPTEMBER & OCTOBER	1. Vajrasana 2. Shashankasana 3. Ustrasana 4. Marjari asana
NOVEMBER & DECEMBER	1. Supta vajrasana 2. Paschimottanasana 3. Nauka Sanchalana asana 4. Chakki Chalanasana
JANUARY & FEBRUARY	<i>Recap of all asanas</i>