

SENTIA THE GLOBAL SCHOOL

YOGA CURRICULUM

Class : VI to VIII

STARTING : MRITYUNJAYA MATNRA

Om thryambakam yajaamahe

Sugandhim pusstti vardhanam

Urvaaruka mivabandhanaath

Mrutyor muksheeya maamrutaat

MONTH	EXERCISES
MARCH & APRIL	1) <i>Importance of yoga in our life</i> 2) <i>Mrityunjaya Matnra</i> 3) <i>Ardha Chandrasana</i> 4) <i>Ardha Kapotasana & Paschimottanasana</i>
JUNE & JULY	1) <i>Kukkutasana</i> 2) <i>Parsva virabhadrasana</i> 3) <i>Surya Namaskaras</i> 4) <i>Marjari Asana</i>
AUGUST & SEPTEMBER	1) <i>Tiryak Bhujangasana</i> 2) <i>Parivritha parsva-konasna</i> 3) <i>Reverse Prayer pose</i> 4) <i>Shashankasana & Supta Vajrasana</i>
SEPTEMBER & OCTOBER	1) <i>Tolangulasana</i> 2) <i>Uthana Pristhasana</i> 3) <i>Utthitha Parsva-konasana</i> 4) <i>Udarakarshanasana</i>
NOVEMBER & DECEMBER	1) <i>Kawa chalanasana</i> 2) <i>Vrikshasana</i> 3) <i>Ekapadasana</i> 4) <i>Natarajasana</i>
JANUARY & FEBRUARY	<i>Recap of all asanas</i>