

## COMMON YOGA PROTOCOL FOR INTERNATIONAL DAY OF YOGA

Be with Yoga, Be at Home

Loosening Practices	 Alert Posture	 Forward & Backward Bending	 Right and Left bending	 Right and Left Twisting	 Neck Rotation	 Trunk Twisting
	 Knee Movement	 Tādāsana Standing Postures	 Vrīkāsana The Tree Posture	 Pāda-Hastāsana Hands to Feet Posture	 Hands to Feet Posture	 Ardhacakrāsana Half Wheel Posture
	 Trikoṇāsana Triangle Posture	 Sitting Postures Bhadrāsana Auspicious Posture	 Śalabhāsana Locust Posture	 Ardha utt r āsana Vajrāsana	 Half Camel Posture	 Śāsāṅkāsana Hare Posture
	 VAKRĀSANA Spinal Twist Posture	 Prone Postures Bhujangāsana Cobra Posture	 Śalabhāsana Locust Posture	 Makarāsana Crocodile Posture	 Supine Postures Śetubandhāsa Bridge Posture	 Pawanmuktāsa Wind Releasing Posture
	 ŚAVĀSANA Dead Body Posture	 Kapālābhāti Kriya	 Prāṇā Yāma Alternate Nostril Breathing	 Anuloma Viloma Sukhasana	 Bhūmārīp rāṇyāma Meditative Posture	 Śambhavi Mudra Meditative Posture

JOIN US FOR YOGA DEMONSTRATION ON 21<sup>ST</sup> JUNE, 2021 AT 7:00 AM FROM YOUR HOME WITH FAMILY MEMBERS