



MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(Ministry of AYUSH, Govt. of India)

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SATURDAY YOGA PROGRAM

- ❖ The objective of the program is to impart Yoga Education and Training for Health Promotion and Wellness.
- ❖ Class timings: - 6:30 AM to 11:00 AM. (On every Saturday)
- ❖ This Program will be conducted on every Saturday. If Saturday is Gazetted Holiday, the classes will be conduct on adjacent Sunday.
- ❖ It is a complete Yoga Package. The same Yoga Protocol will be repeated on every week.
- ❖ Sadhakas can take registration before the first Saturday of the month or spot registration also available only on the first Saturday of the month.
- ❖ Sadhakas should carry white bed sheet, napkin, water bottle, notepad and pen.
- ❖ Fee : Rs. 500/- Program Fee per month and Rs. 25/- one time registration fee
- ❖ If anyone interested to join only for One Saturday the fees will be:
Rs. 200/- for one Saturday and Rs. 25/- one time registration fee.

Class Schedule

Timings	Yogic Practices
6:30 am - 6:40 am	Attendance and Prayer
6:40 am - 7:10 am	Neti (Jala Neti and Sutra Neti), Dhauti (Kunjil) and Kapalbhati
7:10 am - 7:30 am	Yoga Nidra
7:30 am - 9:00 am	Yogic Sukshma –SthulaVyayama, Suryanamaskar, Yogasana
9:00 am - 9:30 am	Pranayama and Dhyan (Meditation)
9:30 am - 10:00 am	Tea Break
10:00 am - 11:00 am	Lecture and Discussion on Yoga for Wellness.