

Yoga for 50⁺ Women (Age group 50- 65 years)

| S. NO. | YOGA PRACTICES | ROUNDS | DURATION |
|--------|---|-----------|-------------------|
| 1. | PRAYER | | 01 Minutes |
| 2. | KRIYAS | | 08 Mintues |
| | - Kunjal | | |
| | - JalaNeti | | |
| | - Kapalbhati (30 Strokes) 3 times | | |
| 3. | YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices) | | 08 Minutes |
| | Neck Movements: | | |
| | - Forward and Backward bending | 03 Rounds | |
| | - Right and Left bending | 03 Rounds | |
| | - Right and Left Twisting | 03 Rounds | |
| | Shoulder Movements | 03 Rounds | |
| | - Shoulder Stretch | 03 Rounds | |
| | - Shoulder Rotation (Forward & Backward) | 03 Rounds | |
| | Trunk Twisting | 03 Rounds | |
| | Ankle movement | 03 Rounds | |
| | - Ankle stretch | 03 Rounds | |
| | - Ankle rotation | 03 Rounds | |
| 4. | YOGASANAS | | 14 Minutes |
| | STANDING POSTURES | | |
| | - Tadasana | | |
| | - Hasttotanasana | | |
| | - ArdhaKaticakrasana | | |
| | - Padahastanasana | | |
| | SITTING POSTURES | | |
| | - Dandasana | | |
| | - Bhadrasana | | |
| | - Ardha-Ustrasana | | |
| | - Shashakasana | | |
| | - Vakrasana | | |
| | PRONE POSTURES | | |
| | - Bhujangasana | | |
| | - ArdhaShalbhasana | | |
| | - Makrasana | | |
| | SUPINE POSTURES | | |
| | - UttithaEkapadasana | | |
| | - Ardha- Halasana | | |
| | - Markatasana | | |
| | - EkpadaPawanmuktasana | | |
| | - SaralMatsyasana | | |
| | - Shavasana | | |
| 5. | PRANAYAMA: | | 07 Minutes |
| | - Sectional Breathing | | |
| | - NadiSodhana Pranayama | 5 Rounds | |
| | - Sital/Sheetkari Pranayama | 5 Rounds | |
| | - Bhramari Pranayama | 5 Rounds | |
| 6. | DHYANA | | 05 Minutes |
| 7. | SHANTI PATHA | | 02 Minute |
| | TOTAL TIME | | 45 Minutes |

Note: Yogic practices should be performed according to their own capacity.