

Yoga Protocol for Elderly Population

S. No	Yoga practices	Rounds	Duration
1	Prayer		1 minute
2	Yogic SukshmaVyayama (micro circulation practice)		7 minutes
	a)Neck movements:		
	• Forward and backward bending	3 rounds	
	• Right and left bending	3 rounds	
	• Right and left twisting	3 rounds	
	• Neck rotation (Clock and anti-clock wise)	3 rounds	
	b)Shoulder movements	3 rounds	
	• Shoulder stretch	3 rounds	
	• Shoulder rotation (forward and back ward)	3 rounds	
	c)Trunk movement		
	• Trunk twisting (Kati shakti Vikasak)	3 rounds	
	• d)Knee Movement	5 rounds	
	e)Ankle movement	5 rounds	
	• Ankle stretch	5 rounds	
	• Ankle rotation	5 rounds	
3	Yogic SthulaVyayama		2 minutes
	Rekhagati	2 rounds	
	Urdhva-gati (upward movement)	1 round	
	Suryanamaskar (at slow pace)	3 rounds	5 minutes
4	Yogasanas		15 Minutes
	a.Standing Postures		
	• Tadasana		
	• Utkatanasana		
	• UrdhvaHastottanasana		
	• Katichakrasana		
	• Trikonasana		
	b.Supine Postures		
	• Pavanamuktasana		
	• Sarala Matsyasana		
	• Sarvangasana/ Viparitakarani		
	• Setubandhasana		
	• Shavasana		
	c.Prone Postures		
	• Bhujangasana		
	• Makarasana		
	d.Sitting Postures		
	• Vakrasana/ArdhaMatsyendrasana		
	• Ushtrasana		
	• Janu Shirasana / pashchimottanasana		
	• Utana Mandukasana		
5	Kapalabhati – optional	(10-20strokes)	1 Minute
6	Pranayama (without Kumbhaka)		7 minutes
	• Ujjayi	5 rounds	
	• Anuloma-Viloma/ Nadishodhana (Alternate Nostril Breathing)	3 rounds	
	• Bhramari Pranayama	5 rounds	
7	Dhyana		5 Minutes
8	Shanti Patha		1 Minute
	Total:		45 Minutes

***Note: As this happens to be practiced by elderly population, proper supervision and caution must be exercised in order to avoid any unwanted consequences.**