

Wonder Steps Yoga Class

Area of Practice	Exercise Time	Description
Music & Sound Therapy	5-7 minutes	Group Chanting & Hand Clapping
Pranayama	5-10 minutes	Cleasng breat & Altrnate nostral breathing0
Eye Exercises	1-2 minutes	Eye movements & Focusing
Asanas:	Total Time: 20-25 minutes	
Sun Salutation	3 Repetitions	A Flowing Sequence of 12 Postures
Forward-Bending Poses	Do all 10 Poses	Head-to-knee Pose, Forward Bend, Forward Bend w/Legs Apart, Knee-to-Chest Pose, Yogic Sleep Pose, Standing Forward Bend, Child Pose
Backward- Bending Poses	Do 3 out of the 4	Cobra Pose, Locust Pose, Bow Pose, Bridge Pose
Twisting Poses	Do 1 out of the 2	Spinal Twist, Seated Spinal Twist
Strengthening Poses	Do 1 out of the 3	Forward Boat Pose, Leg Lift Pose, Push-up Pose
Lateral- Bending Poses	1 Pose	Triangle Pose
Balancing Poses	Do all	Tree Pose, Standing Knee-to-Chest Pose
Inverted Poses	Do 1 out of the 2	Headstand, Shoulder Stand (Followed by- Fish Pose)
Deep Relaxation	7-10 minutes	

