

Outline of Yoga Session Structure

Introduction

Complete PANAS

Guided meditation (breath awareness) ~5 minutes

Warm-up exercises ~6 minutes

Asanas (postures)

Sūrya-Namaskāra A (Sun-Salutation A) ~12 minutes

Sūrya-Namaskāra B (Sun-Salutation B) ~12 minutes

Standing postures (changed according to class theme) ~12 minutes

Floor postures (changed according to class theme) ~12 minutes

Śavāsana (relaxation posture) ~5 minutes

Poem Reading

Conclusion

Complete PANAS

Total Duration: ~60 minutes
