### APPENDIX - I

**TRAINING PROGRAMME FOR FIRST PACKAGE OF YOGIC PRACTICES GROUP**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I - <strong>SURYA NAMASKAR</strong> (12 counts)</td>
<td></td>
</tr>
<tr>
<td>II - <strong>ASANAS</strong></td>
<td></td>
</tr>
<tr>
<td>1.</td>
<td>Padmasana</td>
</tr>
<tr>
<td>2.</td>
<td>Yogamudra</td>
</tr>
<tr>
<td>3.</td>
<td>Navasana</td>
</tr>
<tr>
<td>4.</td>
<td>Uthana Padhasana</td>
</tr>
<tr>
<td>5.</td>
<td>Sarvangasana</td>
</tr>
<tr>
<td>6.</td>
<td>Matsyasana</td>
</tr>
<tr>
<td>7.</td>
<td>Bujangasana</td>
</tr>
<tr>
<td>8.</td>
<td>Ardha salabhasana</td>
</tr>
<tr>
<td>9.</td>
<td>Dhanurasana</td>
</tr>
<tr>
<td>10.</td>
<td>Ardha Matsyendrasana</td>
</tr>
<tr>
<td>11.</td>
<td>Pavana Mukthasana</td>
</tr>
<tr>
<td>12.</td>
<td>Savasna</td>
</tr>
<tr>
<td>III - <strong>PRANAYAMA</strong></td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Nadi Shodhana</td>
</tr>
<tr>
<td>14.</td>
<td>Sitali</td>
</tr>
<tr>
<td>IV - <strong>MEDITATION</strong></td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>Silent Meditation</td>
</tr>
<tr>
<td>V - <strong>RELAXATIVE ASANA</strong></td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>Savasana or Santhi Asana</td>
</tr>
</tbody>
</table>
## APPENDIX - II

### TRAINING PROGRAMME FOR SECOND PACKAGE OF YOGIC PRACTICES GROUP

<table>
<thead>
<tr>
<th>I - <strong>SURYA NAMASKAR</strong> (12 counts)</th>
</tr>
</thead>
<tbody>
<tr>
<td>II - <strong>ASANAS</strong></td>
</tr>
<tr>
<td>1. Padhahasthasana</td>
</tr>
<tr>
<td>2. Trikonasana</td>
</tr>
<tr>
<td>3. Virabhadrasana</td>
</tr>
<tr>
<td>4. Padma Padmasana</td>
</tr>
<tr>
<td>5. Pachimottanasana</td>
</tr>
<tr>
<td>6. Kurmasana</td>
</tr>
<tr>
<td>7. Gomukhasana</td>
</tr>
<tr>
<td>8. Vibareetha Karane</td>
</tr>
<tr>
<td>9. Halasana</td>
</tr>
<tr>
<td>10. Supta Vajrasana</td>
</tr>
<tr>
<td>11. Salabhasana</td>
</tr>
<tr>
<td>12. Mahamudrasana</td>
</tr>
<tr>
<td>13. Savasana</td>
</tr>
<tr>
<td>III - <strong>PRANAYAMA</strong></td>
</tr>
<tr>
<td>14. Nadi Suddhi</td>
</tr>
<tr>
<td>15. Sitkari</td>
</tr>
<tr>
<td>IV - <strong>MEDITATION</strong></td>
</tr>
<tr>
<td>16. Mantra Meditation</td>
</tr>
<tr>
<td>V - <strong>RELAXATIVE ASANA</strong></td>
</tr>
<tr>
<td>17. Savasana or Santhi Asana</td>
</tr>
</tbody>
</table>