

Module 1

Topic: Yoga for Health

Overview

- *Surya Namaskar*

Asanas

- *Tadasana*
- *Vrikshasana*
- *Utkatasana*
- *Vajrasana*
- *Swastikasana*
- *Ardhapadmasana*
- *Niralamba Bhujangasana*
- *Ardhashalabhasana*
- *Makarasana*
- *Uttanapadasana*
- *Pawanamuktasana*
- *Shavasana*
- Breathing with Awareness
- *Trataka*
- Meditation