

Module 2

Topic: Yoga for Physical Fitness

Overview

What is Flexibility

Yogic Practices to Enhance Flexibility

- *Surya Namaskara*

Asanas

- *Tadasana*
- *Hastottanasana*
- *Trikonasana*
- *Katichakrasana*
- *Padmasana*
- *Yogamudrasana*
- *Paschimottanasana*
- *Dhanurasana*
- *Makarasana*
- *Supta Vajrasana*
- *Chakrasana*
- *Ardhahalasana*
- *Shavasana*

Kriya

- *Kapalabhati*

Pranayama

- *Anuloma-viloma Pranayama*
- *Bhastrika Pranayama*

Meditation