























































# YOGA & MINDFULNESS DEVELOPMENT PROGRAM (GRADES I-XII)

Month	I & II		III - V		VI - VIII		IX & X		XI & XII	
	Yoga Asana	Skill Set	Yoga Asana	Skill Set	Yoga Asana	Skill Set	Yoga Asana	Skill Set	Yoga Asana	Skill Set
 <b>June</b> 										
	<b>Nadi Shodhana</b> Creative & Calm		<b>Nadi Shodhana</b> Creative & Calm		<b>Nadi Shodhana</b> Creative & Calm		<b>Nadi Shodhana</b> Creative & Calm		<b>Nadi Shodhana</b> Creative & Calm	
 <b>July</b> 										
	<b>Kapala Bhati</b> Boost oxygen level		<b>Kapala Bhati</b> Boost oxygen level		<b>Bhramari</b> Reduce stress		<b>Bhramari</b> Reduce stress		<b>Bhramari</b> Reduce stress	
 <b>Aug</b> 										
	<b>Sitali Pranayama</b> Calm the mind		<b>Sitali Pranayama</b> Calm the mind		<b>Vayu</b> Calm the mind		<b>Gyan Mudra</b> Enhances mental clarity		<b>Prithvi mudra</b> Improves focus	
 <b>Oct</b> 										
	<b>Padmasana</b> Build Patience		<b>Padmasana</b> Mental discipline		<b>Padmasana</b> Mental discipline		<b>Vrikshasana</b> Build focus equilibrium		<b>Vrikshasana</b> Build focus equilibrium	
 <b>Nov</b> 										
	<b>Bakasana</b> Arm balance		<b>Bakasana</b> Arm balance		<b>Garudasana</b> Develops balance & coordination		<b>Garudasana</b> Develops balance & coordination		<b>Garudasana</b> Develops balance & coordination	
 <b>Dec</b> 										
	<b>Navasana</b> Strength and core development		<b>Navasana</b> Strength and core development		<b>Natrajasana</b> Enhances concentration		<b>Natrajasana</b> Enhances concentration		<b>Natrajasana</b> Enhances concentration	
 <b>Jan</b> 										
	<b>Setu Bandhasana</b> Strengths the glutes		<b>Setu Bandhasana</b> Strengths the glutes		<b>Utktasana</b> Develops will power		<b>Utktasana</b> Develops will power		<b>Utktasana</b> Develops will power	
 <b>Feb</b> 										
	<b>Paschi mottanasana</b> Calm the nervous system		<b>Paschi mottanasana</b> Calm the nervous system		<b>Tadasana</b> Develops awareness		<b>Tadasana</b> Develops awareness		<b>Tadasana</b> Develops awareness	