

Yoga - Year Planner 2021 - 22

Grade : V - VII
Yoga Instructor : Ms. Ms. Joby

Branch : Manikonda

MONTH	SKILL	SPECIFICATION	EVALUATION
APRIL	Warmups, Meditation and asanas	Mindfulness breathing Vriskhasana Trikonasana Ardha chakrasana Utthita Parsvakonasana Padahastanasana	Observation
JUNE	Warmups, Pranayama & Asana {restorative yoga}	Nadisudhi pranayama Paravritha trikonasana Paravritha Utthita Parsvakonasana Vajrasana {R.Y} Bandhakonasana	observation
JULY	Warmups, Meditation & Asanas	Mindfulness Observation Virabhadrasana 1,2 and 3 Natrajasana	Assessment 1
AUG	Warmups, Pranayama & Asana {R.Y}	Bastrika Pranayama Paschimottanasana {R.Y} Janushrishasana Balasana {R.Y}	Observation
SEP	Warmups, Meditation & Asanas	Mindfulness Listening Ustrasana Uttana shishosana Ardha kapotasana Bhujangasana	Assessment 2

OCT	Warmups, Pranayama & Asana	Ujjayi Pranayama Adho mukha svanasana Sasangasana (Rabbit) Urdhva Mukha Svanasana Ardha Pincha Mayurasana (Dolphin)	Observation
NOV	Warmups, Meditation & Asanas	Mindfulness Awareness Dandasana Navasana Vakrasana Bharmanasana (Table top)	Observation
DEC	Warmups, Breathing exercise & Asana {R.Y}	Marjaryasana/Bitilasana (Cat & Cow) Parighasana Dhanurasana Pavanamukthasana Sethubandhasana {R.Y} Yoga dance	Assessment3
JAN	Warmups, Meditation & Asanas	Mindfulness Appreciation Phalakasana Chaturanaga Dandasana Upavista konasana Ardha Purvottanasana (Reverse table)	Observation
FEB	Warmups, Breathing exercise & Asana	Diaphragmatic or belly breathing Gomukhasana Ardha Matsyendrasana Ardha halasana Supta Badhakonasana	Observation
MAR	Warmups, Pranayama & Asana	Bhramari Pranayama Ardhakatti Chakrasana Bekasana (frog pose) Supta Kapotasana (Pigeon) Chakrasana Halasana	Assessment 4