

Schedule for the optional Yoga classes [6.30-7.15 AM]	
Day 3: 24th Sep 2025 (Wednesday)	
Class 1: Gentle wake-up & breath awareness	
Welcome & introduction to Yoga (5 min)	
Joint warm-ups (neck, shoulders, wrists & spine) (10 min)	
Gentle standing poses (Tadasana, Utkatasana, Ardhakati Chakrasana) (10 min)	
Seated stretches (Paschimottanasana, Baddha Konasana, Janu Sirsasana) (10 min)	
Pranayama (Deep breathing, nadi shodhana) (5 min)	
Shavasana with sound therapy (5 min)	
Day 4: 25th Sep 2025 (Thursday)	
Class 2: Energizing flow	
Centering & breath work (5 min)	
Sun salutations (Surya namaskar) (10 min)	
Standing poses (Virabhadrasana and variations, tree pose) (15 min)	
Core & spine activation (Marjariasana, Setu Bandhasana) (10 mins)	
Cooling breath (Sheetali and Sheetkari) & Relaxation (5 min)	
Day 5: 26th Sep 2025 (Friday)	
Class 3: Desk & posture reset Yoga	
Breath focus (5 mins)	
Chair Yoga & posture correction (spine lengthening, shoulder opening) (15 min)	
Back & neck relief exercises (10 min)	
Eye & wrist care techniques (10 min)	
Sound relaxation (5 min)	
Day 8: 29th Sep 2025 (Monday)	
Class 4: Heart health & de-stress Yoga	
Centering & heart-focused breathing (5 min)	
Gentle warm-up (10 min)	
Heart-opening asanas (Trikonasana, Ustrasana, Bhujangasana) (10 min)	
Heart-centric pranayama (10 min)	
Relaxation with sound bath (10 min)	
Day 9: 30th Sep 2025 (Tuesday)	

Class 5: Integration & mindful closing
Meditation with singing bowls (5 min)
Sukshma vyayama (10 min)
Ashtanga flow (10 min)
Yogic lifestyle tips for daily integration (10 min)
Final relaxation & feedback (10 min)