

APPENDIX F STRESS REDUCTION MODEL

SET I: Preparatory Movements (Standing position): 40 minutes

| Group | Type | Time in Minutes |
|-------|-------|-----------------|
| 1 | 1 | 1 |
| | 2 | 1 |
| | 3 | 2 |
| 2 | 4 | 1½ |
| | 5 | 1½ |
| | 6 | 3 |
| 3 | 7 | 2 |
| | 8 | 2 |
| 4 | 9 | 2 |
| | 10 | 2 |
| 5 | 11 | 1 |
| | 12 | 2 |
| | Total | 20 |

Total time required: Two cycles of 20 minutes each = 40 Minutes

SET II : Prone Position: 40 minutes

- | | |
|---------------------------------------|-------------|
| 1) Bhujangasana (with straight hands) | 60 seconds |
| 2) Bhujangasana (with curved hands) | 45 seconds |
| 3) Shalabhasana (half) | 30 seconds |
| 4) Shalabhasana (Full) | 15 seconds |
| 5) Dhanurasana | 30 seconds |
| 6) Naukasana | 15 seconds |
| 7) Makarasana | 180 seconds |

375 seconds