

SET III: Supine Position: 45 minutes

1) Uttanpadasan (both legs)	30 seconds
2) Uttanpadasan (one leg)	30 seconds
3) Viparitkarani	2 minutes
4) Sarvangasana	3 minutes
5) Ashvini Mudra	3 minutes
6) Matsyasan	30 seconds
7) Halasana	30 seconds
8) Naukasana	15 seconds
9) Pavanmuktasana	1 minutes

SET IV: Sitting Position: 45 minutes

1) Swastikasana	10minutes
2) Padmasana	10minutes
3) Padmasana (baddha)	30seconds
4) Padmasana(utthit)	30seconds
5) Parvatasana	1minutes
6) Aakrna dhanurasana Type 1	30seconds
7) Aakrna dhanurasana Type 2	30seconds
8) Padmasana yogmudra Type 1	1minutes
9) Padmasana yogmudra Type 2	1minutes
10) Vakrasana Type 1	2minutes
11) Vakrasana Type 2	2minutes
12) Ardhamatsyendrasana	2minutes
13) Sharanagata Mudra	1½minutes
14) Vajrasana	5minutes
15) Vajrasana yogmudra Type 1	1½minutes
16) Vajrasana yogmudra Type 2	1½minutes
17) Paschimottasana (half)	30seconds
18) Paschimottasana (full)	30seconds

45 minutes

SET V: Cassette: Yognidra: 45 minutes