



6 Hour Shankar Yoga Strength Building & Immune Health

Hour 1: Foundation and Breathing

Objective: Est. a strong foundation for yoga

Activities:

- Discussion on what they know about yoga and any practices. Explain story of Bhakti yoga and others from Gita. (20 min)
- Demonstrate primary post of Shankar
- Show all points of water retention & blood flow through the body to and from the heart.
- Show and instruct points of flow around the skull and front crawl swim motion. (20 min)
- Kapalabhati (Skull Shining Breath) for detoxification - (20 min)

Demonstrate flow of energy around head and example of Restrictive Exhaust and explain benefits to the body (cardio, respiratory, digestive, immune etc)

Hour 2: Demonstration and Instructions of Shankar Yoga on One Limb (Right Leg)

Objective: Tools & Build core strength by promoting respiratory changes (hands on approach)

Activities:

- Explain the tools of towel, sweatbands, lollysticks, doorframes, music and light iron weights.
- Perform exercise on right limb from calf muscle to quadricep and hamstring (20 min)
- Observe student for (20 min)
- Cool Down
- Record results, adaptations of students, their thoughts, water intake.

Hour 3: Demonstration and Instructions of Sankar Yoga on One Limb (Left Arm)

Objective: Tools & Build core strength by promoting respiratory changes (hands on approach)

Activities:

- Explain the tools of towel, sweatbands, lollysticks, doorframes, music and light iron weights.
- Perform exercise for left arm; wrists, lower arm, elbow, upper arm & shoulders. (20 min)
- Instruct the need for water and instruct and observe students for (20 min)
- Cool Down
- Lift iron weights for a small repetition as supported to structure muscle position.
- Record results, adaptations of students, their thoughts, water intake.

Hour 4: Lower Back Muscles, Strength and Flexibility

Objective Stimulating acquired blood flow around the waist line muscles inc. pelvis.

Activities:

- Explain and show need to wear appropriate clothing to allow saturation of blood to muscles.
- Perform exercise from lower abdomen to diaphragm, around back of body to lower back.
- Observe students movements and prepare for exhaustion and structuring muscle position.
- Record results as height, weight, gait, digestive occurrences (burps) and explain benefits.
- Cool Down (45 min)
- Investigation on breathing change - a song sheet for students to sing. (low and deep tone).

Hour 5: Demonstration and Instructions of Sankar Yoga on Left Leg Limbs (Left Leg)

Objective: Tools & Build core strength by promoting respiratory changes (hands on approach)

Activities:

- Explain the tools of towel, sweatbands, lollysticks, doorframes, music and light iron weights.
- Perform exercise on left leg from calf muscle to quadricep and hamstring (20 min)
- Observe student for (20 min)
- Cool Down
- Record results, adaptations of students, their thoughts, water intake, exhaust, gait.

Hour 6: Demonstration and Instructions of Sankar Yoga on One Limb (Right Arm)

Objective: Tools & Build core strength by promoting respiratory changes (hands on approach)

Activities:

- Explain the tools of towel, sweatbands, lollysticks, doorframes, music and light iron weights.
- Perform exercise for right arm; wrists, lower arm, elbow, upper arm & shoulders. (20 min)
- Instruct the need for water and instruct and observe students for (20 min)
- Cool Down
- Lift iron weights for a small repetition as supported to structure muscle position.
- Record results, adaptations of students, their thoughts, water intake.

Follow Up, Reflection and Integration

- Reflect on progress and integrate physical and mental strength (20 min phone chat)

Activities:

- Reflection (10 min): Student's journaling thoughts on confidence and body awareness.
- Closing Meditation (10 min): Set intentions, express gratitude, give evaluation & rewards.
- Rewards as documented practice method, their evaluation, gift cards, referrals.

This program is designed to be both physically empowering and mentally uplifting, fostering a sense of confidence and well-being in participants over the course.