Welcome To

Mindful Yoga

A Beginner's Journey to Wellness



Prana with Ishali

Session Stucture

Introduction & Centering	10 Min
Gentle Warmup	10 Min
Main Yoga Practice	20 Min
Pranayama (Breathing practice)	10 Min
Relaxation and closing	10 Min

Total: 60–75 minutes

Prana with Ishali

Session 01

Introduction & Body Awareness

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Slow breathing (inhale and exhale)

Gentle Warmup

- Neck movements
- Shoulder rolls
- Wrists rotation
- Ankle rotation
- Cat-Cow

Main Yoga Practice

- Tadasana
- Vajrasana (Thunderbolt pose)
- Vrikshasana (Tree pose)
- Bhujangasana (Cobra pose)

Pranayama (Breathing practice)

- Natural breath awareness

Relaxation and closing

- Guided Savasana with sound healing

Session 02

Gentle Movement & Flexibility

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Natural breathing (inhale and exhale)
- Body awareness

Gentle Warmup

- Neck movements
- Shoulder rolls
- Wrists & Ankle movements
- Cat-Cow
- Seated side stretch

Main Yoga Practice

- Trikonasana (Triangle pose)
- Baddha konasana (Bound angle pose)
- Bhujangasana (Cobra pose)
- Paschimottanasana (Gentle seated forward bend pose)

Relaxation and closing

- Body scan practice
  (feet- legs- abdomen - chest -arm- shoulders - neck - face)
- Closing prayer with self-affirmation

Session 03

Connecting Breath & Movement

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Focus and observe natural breathing

Gentle Warmup

- Shoulder rolls
- Neck movements
- Cat-Cow
- Gentle spinal movements
- Hip and ankle movements

Main Yoga Practice

- Vrikshasana (Tree pose)
- Virabhadrasana I (Warrior I)
- Bhujangasana (Cobra pose)
- Setu bandhasana (Bridge pose)
- Balasana (Child pose)

Pranayama (Breathing practice)

- Equal breathing (Sama vritti)
  Inhale 4 counts and exhale 4 counts
  No breath retention

Relaxation and closing

- Guided Savasana

Session 04

Building Strength & Stability

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Breath Awareness

Gentle Warmup

- Shoulder rolls
- Neck movements
- Cat-Cow
- Gentle spinal movements
- Standing Side Stretches

Main Yoga Practice

- Utkatasana (chair pose)
- Virabhadrasana I (Warrior I)
- Virabhadrasana II (Warrior II)
- Trikonasana (Triangle Pose)
- Setu Bandhasana (Bridge Pose)
- Bhujangasana (Cobra Pose)

Pranayama (Breathing practice)

- Deep Abdominal Breathing
  Inhale for 4 counts (belly rises)
  Exhale for 4 to 6 counts (belly falls)

Relaxation and closing

- Guided Savasana
- Self-Awareness Meditation

Session 05

Balance & Concentration

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Slow breathing (inhale and exhale)
- Focus attention on one point

Gentle Warmup

- Neck movements
- Shoulder rolls
- Cat-Cow
- Thadasana movements
- Gentle leg stretches

Main Yoga Practice

- Vrikshasana (Tree pose)
- Trikonasana (Triangle pose)
- Utkatasana (Chair pose)
- Paschimottanasana (Gentle seated pose)

Pranayama (Breathing practice)

- Nadi shodhana (alternate nostril breathing)
  Inhale left for 4 counts
  Exhale right for 4 counts(4 set)

Relaxation and closing

- Guided Savasana with sound healing

Session 06

Stress Relief & Relaxation

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Slow breathing (inhale and exhale)
- Relax shoulder and face

Gentle Warmup

- Neck movements
- Shoulder rolls
- Wrists & Ankle rotation
- Cat-Cow
- Seated spinal twist

Main Yoga Practice

- Balasana (Child pose)
- Baddha Konasana (Bound angel pose)
- Bhujangasana (Cobra pose)
- Trikonasana (Triangle pose)

Pranayama (Breathing practice)

- Bhramari Pranayama - 4 times (Humming sound)

Relaxation and closing

- guided progressive whole body relaxation
  (Feet - legs- abdomen - chest -arm- shoulders - neck - face)

Session 07

Building Strength & Stability

Introduction & Centering

- Sukhasana pose (Sit comfortably)
- Natural breath observation
- Body awareness

Gentle Warmup

- Neck movements
- Shoulder rolls
- Wrists & Ankle movements
- Cat-Cow
- Gentle spinal movements

Main Yoga Practice

- Vrikshasana (Tree pose)
- Virabhadrasana I (Warrior I)
- Virabhadrasana II (Warrior II)
- Trikonasana (Triangle pose)
- Bhujangasana (Cobra pose)
- Balasana (Child pose)

Pranayama (Breathing practice)

- Nadi shodhana
  Inhale left for 4 counts
  Exhale right for 4 counts (5 set)

Relaxation and closing

- Guided gratitude meditation



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