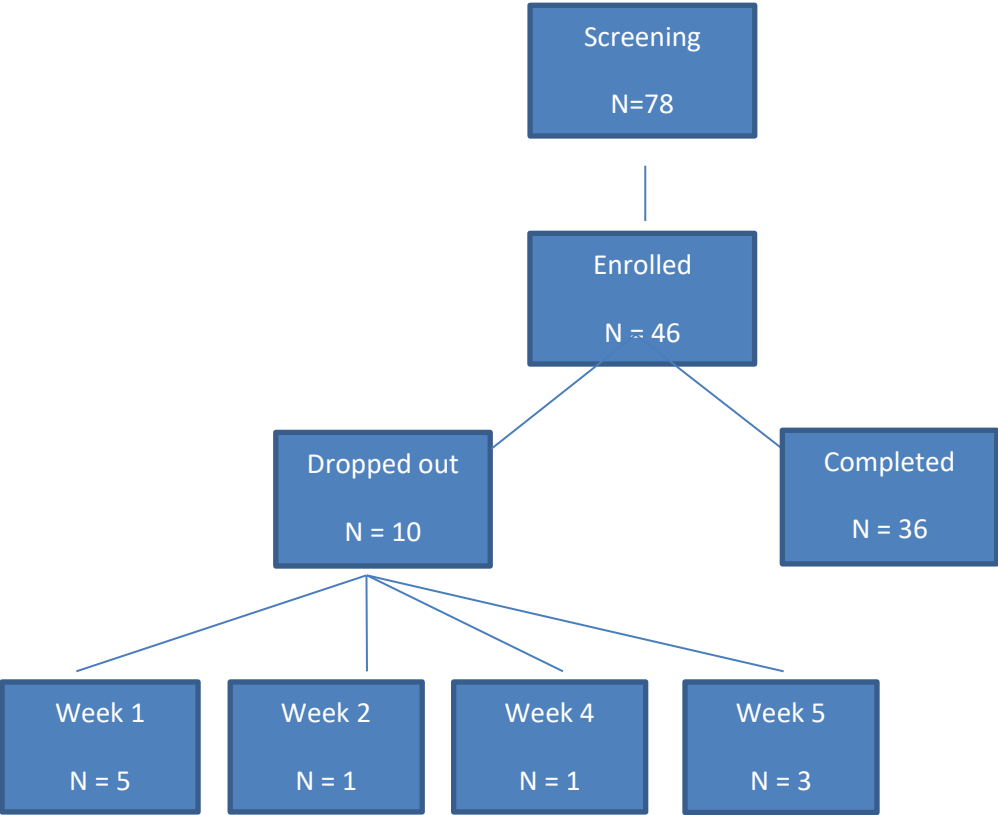


Appendix. Flow diagram and Yoga Practice Program



Overview of weekly yoga schedule

Week 1	Week 2	Week 3
Short Meditation	Short Meditation	Short-Meditation
Neck Movement <i>(Greeva Sanchalana)</i> Palm Tree Pose <i>(Tadasana)</i> Hand clenching <i>(Mushtika Bandhana)</i> Wrist Bending <i>(Manibandha Naman)</i> Cat Pose <i>(Marjariasana)</i> Elbow Bending (Kehuni Naman) Toe Bending <i>(Padanguli Naman)</i> Ankle Bending <i>(Goold Naman)</i> Abdominal Breathing Yoga Nidra	Swaying Palm Tree Pose <i>(Tiryaka Tadasana)</i> Wrist Bending <i>(Manibandha Naman)</i> Shoulder Rotation <i>(Skandha Chakara)</i> Neck Movement 1 <i>(Greeva Sanchalana)</i> Moon Pose <i>(Shashankasana)</i> Ankle Bending <i>(Goold Naman)</i> Cobra Pose <i>(Bhujangasana)</i> Palm Tree Pose <i>(Tadasana)</i> Waist Rotating Pose <i>(Kati Chakrasana)</i> The psychic breath <i>(Ujjayi Pranayama)</i> Yoga Nidra	Salutation to the Sun (<i>Surya Namaskara</i>) 3 stages: Prayer Pose (<i>Pranamasana</i>), Raised Arms Pose (Hast <i>Utthanasana</i>), Hand to Foot Pose (<i>Padahastana</i>) Knee Bending (Janu Naman) Wrist Bending <i>(Manibandha Naman)</i> <i>(Kehuni Naman)</i> Shoulder Rotation <i>(Skandha Chakara)</i> Neck Movement <i>(Greeva Sanchalana)</i> Moon Pose (<i>Shashankasana</i>) Cobra Pose (<i>Bhujangasana</i>) Palm Tree Pose (<i>Tadasana</i>) Warrior Pose <i>(Virabhadrasana)</i> Alternate Nostril Breathing <i>(Nadi Shodhana Pranayama stage 1)</i> Yoga Nidra

Week 4	Week 5	Week 6
Short Meditation	Short Meditation	Short Meditation
<p>Salutation to the Sun (<i>Surya Namaskara</i>) 4 stages: Prayer Pose (<i>Pranamasana</i>), Raised Arms Pose (<i>Hast Utthanasana</i>), Hand to Foot Pose (<i>Padahastana</i>), Equestrian Pose (<i>Ashwa Sanchalanasana</i>)</p> <p>Wrist Bending (<i>Manibandha Naman</i>)</p> <p>Shoulder Rotation (<i>Skandha Chakara</i>)</p> <p>Knee Bending (Janu Naman)</p> <p>Boat Rowing Pose (<i>Nauka Sanchalanasana</i>)</p> <p>Moon Pose (Shashankasana)</p> <p>Cat Pose (Marjariasana)</p> <p>Alternate Nostril Breathing (<i>Nadi Shodhana Pranayama</i> stage 2)</p> <p>One-legged Tree Pose (<i>Vrksasana</i>)</p> <p>Warrior Pose (Virabhadrasana)</p> <p>The psychic breath (Ujjayi Pranayama)</p> <p>Yoga Nidra</p>	<p>One-legged Tree Pose(Vrksasana)</p> <p>Salutation to the Sun (Surya Namaskara) all 12 stages</p> <p>Prayer Pose (Pranamasana), Raised Arms Pose (Hast Utthanasana), Hand to Foot Pose (Padahastana), Equestrian Pose (Ashwa Sanchalanasana), Mountain Pose (Parvatasana), Salute with 8 Parts of Points (Ashtanga Namaskara), Cobra Pose (Bhujangasana), Mountain Pose (Parvatasana), Equestrian Pose (Ashwa Sanchalanasana), Hand to Foot Pose (Padahastana), Raised Arms Pose (Hasta Utthanasana), Prayer Pose (Pranamasana), Twisting Cobra(Tiryaka Bhujangasana), Ankle Bending(Goold Naman), Shoulder Rotation(Skandha Chakara), Moon Pose(Shashankasana), Cat Pose(Marjariasana), Leg Lock Pose(Supta Pawanmuktasana), Humming Bee Breath (Bhramari Pranayama), Yoga Nidra</p>	<p>Locked Hand Raising Pose (<i>Bandha Hasta Utthanasana</i>)</p> <p>Salutation to the Sun (<i>Surya Namaskara</i>) all 12 stages</p> <p>Ankle Bending (<i>Goold Naman</i>)</p> <p>Hand Clenching (<i>Mushtika Bandhana</i>)</p> <p>Locust Pose (<i>Ardha Shalabhasana</i>)</p> <p>Ankle Bending (<i>Goold Naman</i>)</p> <p>Knee Bending (Janu Naman)</p> <p>Twisting Cobra (<i>Tiryaka Bhujangasana</i>)</p> <p>Cat Pose (<i>Marjariasana</i>)</p> <p>Alternate Nostril Breathing (<i>Nadi Shodhana Pranayama</i> stage 2)</p> <p><i>Yoga Nidra</i></p>