

## Appendix

### Yoga class plan of the 10 yoga sessions in general (1.5 hours each)

*Yoga classes always followed the same sequence regarding the groups of asanas, however sessions varied across which specific asana was/asanas were included from the particular group*

Group/Type of asanas	Specific asana(s)
<b>Crossed leg seated position</b>	Sukhasana - inward focus, breath awareness ( <i>always</i> )
<b>Warming up exercises</b> (Pawanamuktasana series)	movements of the joints: neck, wrist, elbow, shoulder, hip, knee, ankle - e.g.: Baddha Konasana ( <i>5-7 short exercises</i> )
<b>Marjari asana</b>	cat-cow pose and its variations ( <i>always</i> )
<b>Sunsalutation</b>	12 steps: 1. Pranamasana 2. Urdva Hastasana 3. Uttanasana 4. Ashwa Sanchalanasana 5. Kumbhakasana 6. Asthanga Namaskara 7. Bhujangasana 8. Parvatasana 9. Ashwa Sanchalanasana 10. Uttanasana 11. Urdva Hastasana 12. Pranamasana Hands and arms down, repetition with the other side. ( <i>1 round from class 3; 2 rounds from class 6</i> )
<b>Urdhva Mukha Svanasana, Adho Mukha Svanasana</b>	( <i>from class 2</i> )
<b>Standing poses</b>	Tadasana, Uttkatasana, Uttanasana, Virabhadrasana 1., Parsvottanasana, Virabhadrasana 2., Parsvakonasana, Trikonasana, Parivritta Trikonasana, Prasavritta Padottanasana ( <i>3-6 of these poses</i> )
<b>Balancing postures</b>	Vriksasana, Garudasana, Hasta Padangustasana beginner version, Ardha Chandrasana, Vairabhadrasana 3., Natarajasana ( <i>1-2 of these poses</i> )
<b>Inversions</b> ( <i>only occasionally</i> )	Shashnakasana ( <i>class 4</i> ), Ardha Sirsasana ( <i>classes 7, 8</i> ) Sirsasana ( <i>classes 9, 10</i> )
<b>Prone poses</b>	Ardha Shalabhasana, Shalabhasana variations, Bhujangasana, Sarala Bhujangasana, Kapotasana, Dhanurasana ( <i>1-2 of these poses</i> )

<b>Forward bends and spine stretches</b>	Balasana, Paschimottanasana, Janu Sirsasana, Upavista Konasana, Ardha Matsyendrasana, Gomukasana ( <i>1-2 of these poses</i> )
<b>Supine poses</b>	abdominal poses: Navasana and variations, Purvottanasana, Setu Bhandasana, Ustrasana, Pawanamuktasana, Supta Hasta Pandagustasana, Chakrasana ( <i>1-2 of these poses</i> )
<b>Inversions</b>	Sarvangasana, Halasana, Matsyasana ( <i>1-3 of these poses</i> )
<b>Ending pose</b>	Spinal twist and/or Ananda Balasana ( <i>always</i> )
<b>Savasana</b>	Relaxation for 8-10 minutes ( <i>always</i> )