

Client Name: _____



Activity Plan: 2025-26

Month: May & June		Online Class:
DAY/DAY MONDAY 05/05/2025	ACTIVITY/TOPIC Prayer (2 min) Meditation(22min) (Kapalbharti, BHASTRIKA PRANAYAMA THE BELLOW'S BREATH	TEACHER'S NAME Ashwani Tyagi , Certified Trainer Experience +10 Therapeiutic Acccupressure & Sujok and Magnet nternational Trainer)
TUESDAY 06/05/2025	RAPID FORCEFUL BREATHING UNING BOTH INHALATION EXHALATION BREAK-TIME	
WEDNESDAY	Neck Movement left and right, Up and Down, Shoulder Rotation, Back Twisting,	SHIVANI SINGH (NIS
07/05/2025	Side Bending legs movement	COACH, (International Trainer)
THURSDAY 08/05/2025	Yogasanas Tadasana, Trikonasana, Mountain Pose Cat and Cow Pose, Simhasana ,Cobra Pose, Balasana, Shuvasana	
FRIDAY 09/05/2025	Pranayama Bharmari	
,	• Dhannan	
SATURDAY	Laughing	Prachi (Yogacharya) + Ms. SHIVANI
10/05/2025		SINGH (NIS COACH)
SUNDAY	Discussion	Mr. DILAWAR SINGH (Certified Trainer)
11/05/2025		(International Trainer + 7 years' Experience)

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Incharge: _____