

## **CURRICULUM SCHEDULE**

### **Section 1**

- Day 1- Intro to Yoga
- Day 2- Origin and Ancient History of Yoga
- Day 3- History of Yoga in America
- Day 4- Types of Yoga
- Day 5- Types of Yoga
- Day 6- Types of Yoga
- Day 7- Meditation
- Day 8- Meditation
- Day 9- Review for Quiz 1
- Day 10- Quiz 1

### **Section 2**

- Day 1- Basics and Science of Breathing
- Day 2- Proper Breathing Techniques
- Day 3- Breathing Exercises
- Day 4- Negative eating habits
- Day 5- Positive eating habits
- Day 6- Yogic attitude toward diet
- Day 7- Stress and Its Physical Symptoms
- Day 8- Stress Relief
- Day 9- Review for Quiz 2
- Day 10- Quiz 2