

Mental Well-being Course - Program Details

Syllabus	Content: Yogic Habits for Mental Well-being
Week 1 Session 1 (60 min) Introduction to Yoga and Yogic techniques	Overview of Yoga Simple Yoga postures Heartfulness Relaxation and Meditation
Week 1 Session 2 (30 min)	Dealing with thoughts during meditation: the Heartfulness Evening Practice: Cleaning
Week 1 Session 3 (30 min)	A good night's sleep: the Heartfulness Night Practice: Inner Connect
Week 2 - (60 min) Integrated approach of Yoga	Integrated approach of Yoga – Concept of PanchaKosha Abdominal breathing, Asanas Heartfulness Relaxation and introduction to meditation
Week 3- (60 min) Modern Medicine and Stress	Concept of Stress – Modern medicine Alternate nostril breathing, Asanas Heartfulness Meditation explained
Week 4 - (60 min) Yoga and Stress	Concept of Stress – Yogic View Alternate Nostril Breathing (ratio 1:2) Preventing Stress: the AEIOU technique
Week 5 - (60 min) Dealing with emotions	Effect of breathing practices on our system Bhramari, Asanas, Heartfulness Cleaning explained
Week 6 - (60 min) Sleep efficiently	Sleep and mental well-being Pranayama, Asana Heartfulness Night Connection explained

Mental Well-being Course - Schedule

Week 1 - Introduction to Yoga and Yogic techniques Session 1 (60 min) Session 2 (30 min) Session 3 (30 min)	Friday, October 8, 2021 Saturday, October 9, 2021 Sunday, October 10, 2021	9 A.M. Pacific Time (12 noon Eastern Time)
Week 2 - (60 min) The integrated approach of Yoga	Sunday, October 17, 2021	9 A.M. Pacific Time (12 noon Eastern Time)

Week 3- (60 min) Modern Medicine and Stress	Sunday, October 24, 2021	9 A.M. Pacific Time (12 noon Eastern Time)
Week 4 - (60 min) Yoga and Stress	Sunday, October 31, 2021	9 A.M. Pacific Time (12 noon Eastern Time)
Week 5 - (60 min) Dealing with emotions	Sunday, November 7, 2021	9 A.M. Pacific Time (12 noon Eastern Time)
Week 6 - (60 min) Sleep efficiently	Sunday, November 14, 2021	9 A.M. Pacific Time (12 noon Eastern Time)