

FOUNDATIONAL YOGA WARRIOR BOOTCAMP 2025

In this foundational program, participants prepare for 2 to 3 months and then take part in a powerful experience: ✓ 108 Surya Namaskars ✓ 34 foundational asanas, followed by pranayama and meditation workshop. It's more than a physical practice – it's a reset for the mind, emotions, and spirit.

Benefits of 2 to 3 Months Preparation

1. Physical Strength & Endurance

- Increased stamina and energy levels from regular Surya Namaskars.
- Core strength, flexibility, and joint mobility dramatically improve.
- Muscles become toned and resilient, reducing aches and stiffness.
- Better posture, balance, and coordination.

I, Suryanamaskar :

1, Suryanamaskar 108 Reps

II, Asanas :

- 1, Tadasana on toes 30 Secs
- 2, Piraiasana (anvitasana) 30 Secs
- 3, Padahasthasana 30 Secs
- 4, Uthitha Trikonasana 30 Secs
- 5, Uthitha Parsvakonasana 30 Secs
- 6, Parsvauttanasana (hands down) 30 Secs
- 7, Prasaritha Padauttana (hands prayer) 30 Secs
- 8, Vrikshasana 30 Secs
- 9, Utkatasana 1 minute
- 10, Prapadasana 30 Secs
- 11, Pachimottanasana 30 Secs
- 12, Janusirasasana 30 Secs
- 13, Ardha matsyendrasana 30 Secs
- 14, Baddhakonasana 30 Secs
- 15, Upavisthakonasana 30 Secs
- 16, Ardha Purvattanasana 30 Secs
- 17, Bhujangasana 30 Secs
- 18, Salabhasana (hands behind neck) 30 Secs
- 19, Dhanurasana 30 Secs

2. Mental Clarity & Emotional Stability

- Repetitive practice builds discipline, focus, and emotional regulation.
- Mind becomes calmer – anxiety, fear, and self-doubt fade.
- You begin to witness thoughts instead of being trapped by them.
- Each day's practice becomes an anchor of stability and self-trust.

- 20, Vajrasana (hands up) 30 Secs
- 21, Ushtrasana 30 Secs
- 22, Sashangasana 30 Secs
- 23, Merudandasana 30 Secs
- 24, Ardha Navasana 30 Secs
- 25, Navasana 30 Secs
- 26, 90 Degree 1 minute
- 27, Jathara parivriti 30 Secs/ each
- 28, Dwi patha peeth 30 Secs
- 29, Viparita Karani 2 minutes
- 30, Sarvangasana 2 minutes
- 31, Halasana 30 Secs
- 32, Machyasana 30 Secs
- 33, Pavanamuktasana 30 Secs
- 34, Sirasasana/ Ardha Sirasasana 1.5 minutes

Pranayama & Meditation Workshop on 21st December

Prāṇāyāma engages the diaphragm and intercostal muscles to enhance lung function, balance oxygen and carbon dioxide exchange, and gently influence both the sympathetic and parasympathetic systems. When combined with meditation, these practices quiet overthinking, dissolve negative patterns, and create a state of clarity and calm, where breath becomes not only a physiological act but also a pathway to inner balance and freedom.

Fees for Bootcamp and workshop: 1000/Rs

Registration closes on 30-11-2025

For Registration:

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21st December 2025 - 7.00AM

Yogapyasa Academy
Pudukkudi.