

Item	Mon	Tue	Wed	Thr	Fri	Sat	Sun
Morning Sadhana							
Kapalabhati (3 rounds)							
Sun Saltation (3 rounds)							
Nadi Shuddhi (2-3 mins)							
Brief meditaion							
Evening Sadhana							
Supported Child Pose (5mins)							
Nadi Shuddhi (2-3 mins)							
Brief meditaion							
Reflection							