

Practice Plan: Each One. Teach Two.



Teach anything from Yoga for All that suits your two people – from 15 minutes to an hour. Here is our suggested hour, with page numbers from the book.

Suggested sequence – 60 minutes

Section	Time	Practices	Book
1 Opening	3 min	Sit in Sukhasana or Vajrasana. Chant the Guru Mantra or Om Saha Naavavatu. Set an intention.	p. 3–6
2 Sukshma Vyayama	10 min	Griva Shakti Vikasaka 1–4 (neck) · Bhuja Bali Shakti Vikasaka 1–2 (arms) · Kati Shakti Vikasaka 3–5 (waist, arch bend) · Jangha Shakti Vikasaka 1–2 · Pada-mula Shakti Vikasaka 1–2 (toes)	p. 8–14
3 Surya Namaskara	8 min	3–5 slow rounds, moving with the breath and the mantras. Beginners: fewer rounds, knees down.	p. 15–19
4 Asanas	15 min	Standing: Tadasana, Vrikshasana, Trikonasana, Ardha Kati Chakrasana · Seated: Vajrasana, Paschimottanasana, Vakrasana, Baddha Konasana · Prone: Makarasana, Bhujangasana, Sarala Shalabhasana · Supine: Setu Bandhasana, Supta Pavanamuktasana. Hold 3–5 breaths each.	p. 20–33
5 Shavasana	5 min	Complete relaxation.	p. 34
6 Pranayama	10 min	Diaphragmatic and sectional breathing · Nadi Shuddhi / Anuloma Viloma (10 rounds) · Bhramari (5 rounds)	p. 35–42
7 Meditation	7 min	Breath awareness or Om meditation, hands in Jnana or Dhyana mudra.	p. 43–59
8 Closing	2 min	Om Purnamadah · Shanti · a moment of gratitude to the Guru.	p. 6
Total	60 min		

Or choose what suits you two

- Just Sukshma Vyayama (p. 8–14) – gentle, good for elders
- Just pranayama (p. 35–42) or just meditation (p. 51–59)
- The book's own 15-minute and 25-minute plans (p. 65–66)
- Any part of the sequence above. 15 minutes is plenty.
- In person or online; together or one at a time

Before and during the session

- Ask about injuries, recent surgery, BP, heart conditions or pregnancy
- Read the **contraindications** under each practice in the book
- Keep it gentle: no strain, no forceful adjustments, no breath-holding for beginners
- When in doubt, choose chanting, breath awareness or Shavasana
- Ask before taking photos; for children, ask a parent

Prepare

- Practise your sequence yourself once or twice first
- Bring your questions to **Ask BYK**, Sun 25 Oct, 7:30 pm
- Read General Guidelines (p. 1–2) before you begin

After your seva

- Share it by 8 Nov on the “Share your Guru Seva” form (link from 3 Nov)
- Posting on social media is optional: tag @bharatyogavidyakendra, #EachOneTeachTwo
- Questions: Shweta +91 98996 09195 · Gouri +91 81080 64060