

Asana
Pawanmuktasana series 1,2,3
Relaxation poses
Pre-meditative and meditative poses
Eye exercises
Standing series
Forward-bending asanas
Vajrasana series
Surya Namaskara
Backward-bending asanas
Inverted asanas

Pranayama
Yogic breathing
Nadi shodhana
Bhramari
Sheetkari/ Sheetali
Bhastrika
Kapalbhati
Ujjayi
Swana pranayama

Mudra and Bandha
Chin mudra
Jnana mudra
Khechari mudra
Jalandhara bandha

Yoga Nidra

Techniques of Meditation
Kaya sthairyam
Antar mouna
Om chanting
Ajapajapa
SWAN awareness

Mantra
Mahamrityunjaya
Gayatri
32 names of Durga

Shatkarmas
Neti
Kunjali
Agnisar kriya