

YOGA CALENDAR 2025 – 26

Month	I & II		III - V		VI - VIII		IX & X		XI & XII	
	Yoga Asana	Skill Set	Yoga Asana	Skill Set	Yoga Asana	Skill Set	Yoga Asana	Skill Set	Yoga Asana	Skill Set
June	Om Chanting	Focus, Concentration & Clarity	Om Chanting	Mindfulness & Mental Clarity	Om Chanting	Focus & Concentration	Om Chanting	Focus & Concentration	Om Chanting	Focus & Concentration
July	Shatha Karma	Gross motor skill & flexibility	Shatha Karma	Gross motor skill & flexibility	Shukshma & Vyama	Gross Motor Skill	Shukshma Vyama	Gross Motor Skill	Shukshma Vyama	Gross Motor Skill
Aug	Surya Namaskar	Improves circulation	Surya Namaskar	Improves circulation	Surya Namaskar	Strength	Surya Namaskar	Self-Regulation	Surya Namaskar	Self-Regulation
Oct	Pranayama	Increased Concentration	Pranayama	Better memory & Focus	Pranayama	Focus & Memory	Pranayama	Focus & Memory	Pranayama	Focus & Memory
Nov	Mudras	Healing & Concentration	Mudras	Healing & Concentration	Mudras	Strength & Balance	Mudras	Strength & Balance	Mudras	Strength & Balance
Dec	Dhanurasana Naukkasana	Flexibility & Calm mind	Baddhakosana Sakrasana	Stress Relief & Flexibility	Sirasasana Kukkuasana	Positive attitude Body Balance	Mayurasana Uttanasana	Coping with emotion & Body awareness	Veerabaddh rasana Yoga Mudra	Memory power
Jan	Padmasana	Mental Calmness	Padmasana and Tree Pose	Balance and Focus	Plank Pose	Building strength	Bridge Pose	Balance and focus	Bridge Pose	Balance and focus
Feb	Meditation	Concentration	Meditation	Mindfulness	Meditation	Critical Thinking	Meditation	Decision Making, Creativity & Problem solving	Meditation	Decision Making, Creativity & Problem solving