

**Charutar Education and Navrachna Trust**  
**Aadiguru Shankaracharya Yogvidya Sansthan Hridaykunj**  
**A Report on 'Basic Yoga Workshop'**  
**Date: 28-09-15 to 01-10-15**

Aadiguru Shankaracharya Yogvidya Sansthan Hridaykunj organized second 'Basic Yoga Workshop' from 01-09-15 to 04-09-15 at classroom no:142 at Dr.Jivraj Mehta Institute of Technology, Mogar, Anand.

The programme was inaugurated Director – Adm (ASHYSH) Shri HasmukhSutaria, National Yoga Expert Ms.Sonali Sanghvi and the CDESK Team. The programme began with an invocation to the God and welcoming the expert.



**Director-Adm-ASHYSH Welcoming the Yog Expert**



**Yog Expert Ms.Sonali Sanghvi and the participants**



There were total 13 participants. The participants preferred Morning time. So the batch timing was from 9.00 a.m. to 10.30 a.m. Ms.Sonali Sanghvi demonstrated, discussed and made the practice asana as per following.

1. Tadasan,
2. Vrukshashan,
3. Ardhashakrasan,
4. Padhashtasan,
5. Trikonasan,
6. Padmasan,
7. Ardhustrashan,
8. Vajrasan,
9. Janusirasan
10. Savasan,
11. Makarasan,
12. Surya Namaskar
13. total physical fitness exercise
14. Relaxation Exercise
15. Basic Pranayam-Anulom Vilom,Bhastrika,Bhramari

The group enjoyed this workshop and all of them have given positive feedback about the workshop.