

HOLIDAY HOMEWORK
YOGA (SUBJECT CODE – 841)

CLASS XI

Write the following topics in your practical file

- Ashtang yoga.

And

- Any five asana with their steps, precautions and benefits.

Or

Project on Surya namaskar.

Or

Steps of pranayama practices with their steps, benefits and precautions

1. Nadi shudhi pranayama
2. Sithali pranayama
3. Ujjayi pranayama