

Year III	Yoga - 15 minutes	Slokas - 15 minutes including Gayatri mantras	Bhajans - 15 minutes	Video + Stories + Activities - 45 mins	
Session 1	Tadasana - pg.137 Balasana - pg.138	Ganesha - 2 slokas - Page 6 Sarasvati - 2 slokas - Page 7	Ganesa Pancha-ratnam - Pg.29	Mahabharata - Adi Parva - Page 45-63	Please make sure
Session 2	Suryanamaskar Navasana - pg.138	Lakshmi - 3 slokas - Page 8	Revision	Mahabharata - Adi Parva - Page 45-63	all the activities,
Session 3	Revision	Durga - 2 slokas - Page 9	Revision	Mahabharata - Adi Parva - Page 45-63	1 - 44 are completed
Session 4	Svanasana - pg.139	Vishnu - 2 slokas - Page 10	Revision	Mahabharata - Adi Parva - Page 45-63	in Pages 93 - 133
Session 5	Square Lunge - pg.139	Narasimha - 2 slokas - Page 11	Lingashtakam - Page 32	Mahabharata - Adi Parva - Page 45-63	
Session 6	Revision	Hyagreeva - 2 slokas - pg.12	Revision	Sabha Parva - Page 64-71	
Session 7	Virabhadrasana-pg.140	Shiva sloka - Page 13	Revision	Sabha Parva - Page 64-71	
Session 8	Revision	Dakshinamurti - 2 slokas - Page 14	Revision	Mahabharata - Vana Parva - Page 72-75	
Session 9	Utkatasana - pg.140	Dakshinamurti - 2 more slokas - Page 14	Margabandhu Stotram - Pg.35	Mahabharata - Vana Parva - Page 72-75	
Session 10	Revision	Subrahmanya sloka - Page 15	Revision	Mahabharata - Virata Parva - Page 76-78	
Session 11	Standing knee to chest - pg.141	Hanuman sloka - Page 16	Revision	Mahabharata - Virata Parva - Page 76-78	
Session 12	Revision	Kubera sloka - Page 16	Revision	Mahabharata - Udyoga Parva - Page 79-81	
Session 13	Dandasana - pg.141	Sudarshana mantra - Page 17	Madhurashtakam - Page 38	Mahabharata - Udyoga Parva - Page 79-81	
Session 14	Vajrasana - pg.142	Surya - 3 slokas - Page 18	Revision	Bheeshma Parva - Page 82-84	
Session 15	Virasana - pg.142	Chandesvara sloka - Page 19	Revision	Mahabharata - Bheeshma Parva Page 82-84	
Session 16	Bharadvajasana - pg.143	Andal sloka - Page 19	Revision	Mahabharata - Drona Parva Page 85, 86	
Session 17	Revision	Sloka on Goddess Cow - Page 22	Harivarasanam Page 41	Mahabharata - Drona Parva Page 85, 86	
Session 18	Pg.143 - Ardha Matsyendrasana	Slokas on Bilva, Tulasi & Ashwatha tree - Pages 22 to 24	Revision	Mahabharata - Karna Parva Page 87, 88	
Session 19	Revision	Night Prayer - Page 24	Revision	Mahabharata - Karna Parva Page 87, 88	
Session 20	Suryanamaskar, Revision	Peace - Shanno mitrah... - pg.25 Slokas dealt in the previous session are to be	Revision	Mahabharata - Salya Parva / After the war - Page 89, 90	