

Year I	Yoga - 15 minutes	Slokas - 15 minutes	Bhajans - 15 minutes	Stories + Discussions + Activities + Paint - 45mins	Paint
Session 1	Surya Namaskar Introduction Page 119	Rajagopuram - Page 4, Ganesha Page 6, sloka 1 and Sarasvati Page 7	Jai Ganesha - Page 22	Dhruva - Page 25	Please make sure all the activities, 1-46 are completed.
Session 2	Namaskaarasana-119	Ganesha - Page 6, sloka 2	<i>Revision</i>	Prahalada - Page 30	
Session 3	Urdhva (Page 120) Namaskaarasana	Lakshmi - Page 8	Jaya Guru Omkara Page 22	Markandeya - Page 36	
Session 4	Adharaasana-pg.120	Devee - Page 9	<i>Revision</i>	Harischandra - Page 39	
Session 5	EkapaadaprasaraNa aasana - Page 120	Mahavishnu - Page 10	Shaila Girivara Page 22	Om & Shaantih - Page 56	
Session 6	DwipaadaprasaraNa aasana - Page 121	Shiva - Page 11, slokas 1 & 2	<i>Revision</i>	Introduction to Ramayana and Balakanda - Page 42	
Session 7	Ashtaanga (pg.121) Namaskaraasana	Rama - Page 12, slokas 1 & 2	Govinda jaya jaya Page 22	The Trinity - Brahma - Page 59	Brahma - Page 103
Session 8	Bhujangaasana -121	Krishna - Page 13, sloka 1	<i>Revision</i>	Lord Krishna's Birth - Page 45	
Session 9	Adho mukha (Page 122) shvaanaasana	Krishna - Page 13, sloka 2	Sri Ram Jaya Ram Page 22	The Trinity - Vishnu - Page 62	Vishnu & Garuda Pages 104 & 112
Session 10	Surya Namaskar	Krishna - Page 13, sloka 3	<i>Revision</i>	Sudama - Page 49	
Session 11	Surya Namaskar Pages 119-124	Guru - Page 14, sloka 1-Slokas dealt in the previous session are to be revised in the next session.	Krishna Vande Jagat Gurum - Page 23	The Trinity - Shiva - Page 66	Nataraja, Dakshinamurti & Bull Pages 105, 106 & 116
Session 12	Surya Namaskar	Guru - Page 14, sloka 2	<i>Revision</i>	Pundalik - Page 52	
Session 13	Surya Namaskar	Peace I - Om Sahanaavavatu... Page 15	Hare Ram Hare Ram Page 23	Sarasvati and symbology Page 71	Swan - Page 111
Session 14	Surya Namaskar	Peace II - Asatomaasadgamaya Page 16	<i>Revision</i>	Lakshmi and symbology Page 74	Owl - Page 115
Session 15	Surya Namaskar Pages 119-124	Morning Prayer - Page 17 sloka 1	Radhe Krishna Radhe Page 23	Parvati and symbology Page 77	Durga, Kamakshi & Lion - Pages 107, 108 & 116
Session 16	Surya Namaskar	Morning Prayer - Page 17 sloka 2 on Mother Earth	<i>Revision</i>	Ganesha and symbology Page 82	Mouse - Page 117
Session 17	Surya Namaskar	Surya Mantra -page 18	Raghupati Raghava Page 23	Subrahmanya and symbology Page 87	Peacock - Page 114
Session 18	Surya Namaskar	Gayathri Mantra - Page 19	<i>Revision</i>	Ayyappan and symbology Page 90	Ayyappa - Page 109
Session 19	Surya Namaskar	Hanuman - Page 20 - sloka 1	Hari Om Namu Narayana Page 23	Hanuman and symbology Page 92	Hanuman - Page 110
Session 20	Surya Namaskar Pages 119-124	Hanuman - Page 20 - sloka 2 Slokas dealt in the previous session are to be revised in the next session.	<i>Revision</i>	Major Festivals and associated deities, Few Sanskrit words & meanings and Hinduism's code of conduct - Pages 98, 99 & 100	Activities 45 & 46 Pages 95, 96 & 97