

HATHA YOGA

basics

ॐ Let’s Return to the Roots - Together.
We’re opening the doors to the heart of yoga with our Basics to Hatha Yoga journey - launching tomorrow on the app!

Hatha Yoga is where it all begins.
Gentle. Intentional. Powerful.
This ancient practice invites you to slow down, listen within, and find your natural rhythm through breath and movement.

Whether you’re brand new to the mat or simply seeking a deeper connection to your practice - this is your space. Your pace. Your beginning.

What to Expect?

- ✔ Foundational Asanas
- ✔ Breath Awareness
- ✔ Body-Mind Balance
- ✔ A steady path into traditional yoga wisdom

Built for beginners. Rooted in tradition. Designed to ground you.

Come as you are. Let’s begin, one conscious breath at a time.

Foundation of Hatha Yoga

DAY 1-8	DAY 1	Joint Mobilisation and Muscle Conditioning
	DAY 2	Upper Body Stretching
	DAY 3	Lower Body Stretching
	DAY 4	Upper Body Strengthening
	DAY 5	Lower Body Strengthening
	DAY 6	Twisting and Forward Bending
	DAY 7	Leg Balancing
	DAY 8	Arm Balancing

Hatha Vinyasa (Beginners to Intermediate)

DAY 9-33	DAY 9	Back-bending Heart-Opening
	DAY 10	Leg stretching & Hip Opening
	DAY 11	Full Body Conditioning
	DAY 12	Upper Body Strengthening Sequence
	DAY 13	Lower Body Strengthening Sequence
	DAY 14	Core and Back Strengthening
	DAY 15	Inversion Sequence
	DAY 16	Restorative & Pranayam (Breathwork)
	DAY 17	Upper body stretching
	DAY 18	Back-bending and heart opening
	DAY 19	Lower body stretching
	DAY 20	Leg stretching and hip opening
	DAY 21	Upper body strengthening
	DAY 22	Core and back strengthening
	DAY 23	Lower body strengthening
	DAY 24	Full body conditioning
	DAY 25	Twisting and forward bending
	DAY 26	Inversion Sequence
	DAY 27	Restorative & Pranayama Breath-work
	DAY 28	Full Body Conditioning
	DAY 29	Arm balancing
	DAY 30	Leg balancing
	DAY 31	Back bending & heart opening
	DAY 32	Leg Stretching & Hip-opening
	DAY 33	Restorative & Pranayama Breath-work