

# Yoga Advisory for Home Isolated COVID -19 Patients

(Developed By Morarji Desai National Institute of Yoga in Consultation with Yoga Experts)

## Sukshma Vyayama



## Standing Postures



## Sitting Postures



## Prone postures



## Dhyana



## Supine postures



## Kriyas



## Pranayama



1. The suggested Yogic practices may be practiced for 7 days, 40 minutes daily.
2. Follow the general guidelines of practicing Yoga, while practising the protocol.
3. In case of any other associated health problems, consult a Yoga Expert before practising.
4. The timings of the Yoga protocol live programme are: 7:00 am to 8:00 am and 5:00 pm to 6:00 pm.
5. The link for MDNIY YouTube is: <https://www.youtube.com/channel/UCDv8TtM0JGZrD0H7wEdUI7w>
6. You can also view and follow the practices in a video developed by Morarji Desai National Institute of Yoga. YouTube link is: <https://www.youtube.com/watch?v=j6rF9SBuyG8>