

## **Protocol-1**

### **1. Breathing practices**

- Hands in and out breathing
- Hands stretch breathing
- Ankle stretch breathing
- Straight leg raise breathing (Alternate legs)

### **2. Suksma Vyayama (strengthening exercises)**

- Manibandha sakti vikasaka (wrists)
- Karapristha sakti vikasaka (back of hands)
- Kaphoni sakti vikasana (elbows)
- Griva sakti vikasaka – I (neck)
- Griva sakti vikasaka – II (neck)
- Kati sakti vikasaka – I (back)
- Kati sakti vikasaka – II (back)
- Netra sakti vikasaka (eyes)

### **3. Yogasanas**

- Ardhakati cakrasana (Half Wheel Pose)
- Trikonasana (Triangle pose)
- Ardha cakrasana (Half Wheel Pose)
- Bhujangasana (Cobra pose)
- Viparitakarani with wall support
- Deep relaxation technique (DRT)

### **4. Pranayama**

- Kapalabhati
- Vibhaga pranayama (Sectional breathing)
- Surya Anuloma
- Chandra Anuloma
- Nadi suddhi
- Sitali/Sitkari/Sadanta pranayama
- Bhramari