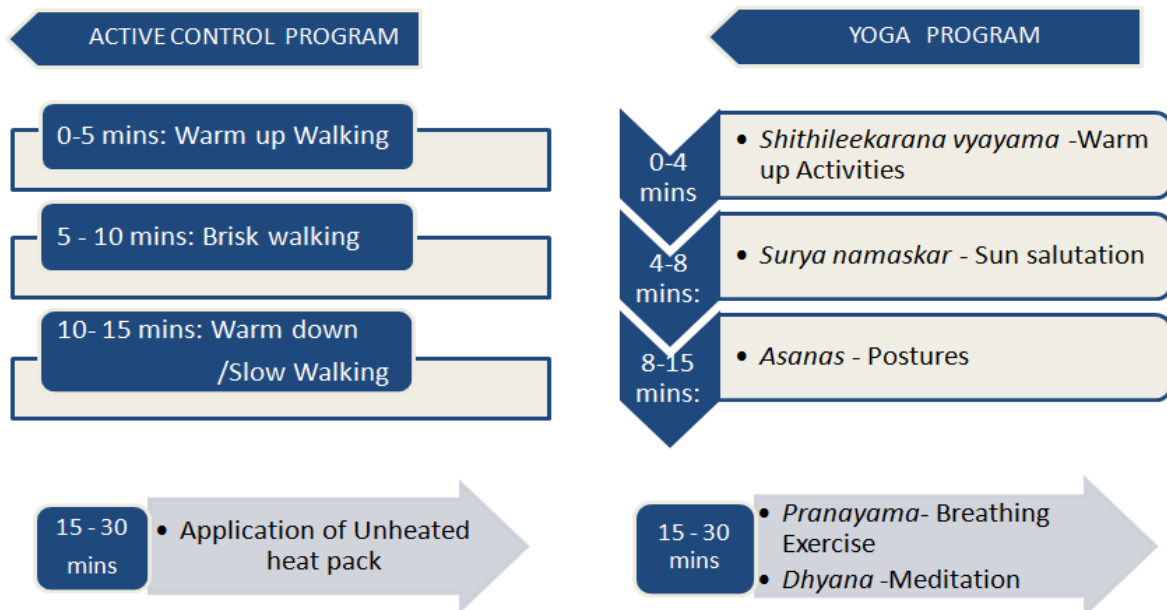


Appendix 2: Schedule for Active Control and Yoga group, Yoga class content and walking program

Schedule for Active Control and Yoga group



Yoga class content for week 1

WEEK 1 - YOGA PROGRAM

EVENT	TYPE OF MOVEMENT	No.of Breaths/No. of repetitions * duration	Time in mins.
WARM UP ACTIVITIES	Shoulder movements : 1. Rotation clockwise and anticlockwise 2. Horizontal Adduction and Abduction(flexion and extension) <u>Spinal twist</u> <u>lateral twist</u> <u>Upward dog with neck flexion and extension,</u> <u>Right and left lateral rotation</u>	10 breathing cycle (5 in clockwise and 5 in anticlockwise) 5 breathing cycles 3 breathing cycles 3 breathing cycles 4 breathing cycles (2 for neck flexion and extension; 2 for lateral rotation)	3- 4 mins.
SUN SALUTATION	short sequence involving 9 postures	4 shot sequence	4
	Position 1 (<i>Pranamasana</i> -Prayer pose) Position 2 (<i>Hastha Uthanasana</i> -Raised arm pose) Position 3 (<i>Padahastanasana</i> -Hand to Foot Pose) Position 4 (<i>Aswa sanchalanasana</i> -Equestrian Pose) Position 5 (<i>Parvatasana/Adhomuka svanasana</i> -Mountain pose/ Downward stretch dog) Position 6 (<i>Aswa sanchalanasana</i> -Equestrian Pose) Position 7 (<i>Padahastanasana</i> -Hand to Foot Pose) Position 8 (<i>Hastha Uthanasana</i> -Raised arm pose) Position 9 (<i>Pranamasana</i> -Prayer pose)		
POSTURES	<i>Utkatasana</i> - Chair posture <i>Vakrasana</i> - Spinal twist Variation of <i>Yoga mudra</i> - Downward child posture with arm extension <i>Marjariasana</i> - Cat posture	2* 30 sec 4*30 sec 3*40 sec 4*30 sec	1 2 2 2
Neck exercise	1.Clockwise and anticlockwise rotation 2. Right and Left lateral flexion		1 1
RELAXATION	Shavasana - corpse pose		1
BREATHING EXERCISES	Deep Breathing <i>Anuloma Viloma</i> - Alternate nostril Breathing <i>Mukhasana</i> - Facial breathing activity <i>Anuloma Viloma</i> - Alternate nostril Breathing	5 cycles 3 cycles 3 cycles 2 rounds	1 2 4 2
MEDITATION	Breath Guided awareness		3

Yoga class content for week 2

WEEK 2 - YOGA PROGRAM

EVENTS	TYPE OF MOVEMENT	No.of Breaths/No. Of repetitions * duration	Time in mins.
RELAXATION	<i>Shavasana - corpse pose</i>		1
	Deep Breathing	5 cycles	1
WARM UP ACTIVITIES	<u>Shoulder movements :</u>		3- 4 mins.
	1. Rotation clockwise and anticlockwise	10 breathing cycle (5 in clockwise and 5 in anticlockwise)	
	2. Horizontal Adduction and Abduction(flexion and extension)	5 breathing cycles	
	<u>Spinal twist</u>	3 breathing cycles	
	<u>lateral twist</u>	3 breathing cycles	
	<u>Upward dog with neck flexion and extension, Right and left lateral rotation</u>	4 breathing cycles (2 for neck flexion and extension; 2 for lateral rotation)	
SUN SALUTATION	Short version and Full Version (given in bold face type)		
	Position 1 (<i>Pranamasana</i> -Prayer pose) Position 2 (<i>Hastha Uthanasana</i> -Raised arm pose) Position 3 (<i>Padahastanasana</i> -Hand to Foot Pose) Position 4 (<i>Aswa sanchalanasana</i> -Equestrian Pose) Position 5 (<i>Adhomuka svanasana</i> - Downward stretch dog) Position 6 (<i>Nirkunjasana</i> -Ashtanga namaskar) Position 7 (<i>Bhujangasana</i> -Serpent pose) Position 8 (<i>Adhomuka svanasana</i>-Downward stretch dog) Position 9 (<i>Aswa sanchalanasana</i> -Equestrian Pose) Position 10 (<i>Padahastanasana</i> -Hand to Foot Pose) Position 11 (<i>Hastha Uthanasana</i> -Raised arm pose) Position 12 (<i>Pranamasana</i> -Prayer pose)	1 short sequence 1 full sequence 1 short sequence	4
POSTURES	<i>Utkatasana</i> - Chair posture	2* 30 sec	1
	<i>Bharadvajasana</i> - torso twist	4*30 sec	2
	<i>Variation of Yoga mudra</i> - Downward child posture with	3*40 sec	2
	<i>Marjariasana</i> - Cat posture	4*30 sec	2
BREATHING EXERCISES	<i>Bhastrika</i> - Rapid/Fast Breathing	3 cycles	2
	<i>Mukhasana</i> - Facial breathing	3 cycles	4
	<i>Nadi Shodana</i> -Alternate nostril with retention (1:1:1)	2 rounds	2
MEDITATION	Breath Guided awarness + modified Kechari mudra (Rolling of tongue towards soft palate)		3

Yoga class content for week 3 and 4

WEEK 3 & 4 - YOGA PROGRAM			
EVENTS	TYPE OF MOVEMENT	No.of Breaths/No. Of repetitions * duration	Time in mins.
Centering Practices before start of Yoga	<i>Shavasana - corpse pose</i>		1
	Deep Breathing	5 cycles	1
	<i>Anuloma Viloma - Alternate nostril Breathing</i>	3 cycles	1
WARM UP ACTIVITIES	<u>Shoulder movements :</u>	10 breathing cycle (5 clockwise, 5 anticlockwise)	3- 4 mins.
	1. Rotation clockwise and anticlockwise		
	2. Horizontal Adduction and Abduction(flexion and extension)	5 breathing cycles	
	<u>Spinal twist</u>	3 breathing cycles	
	<u>lateral twist</u>	3 breathing cycles	
<u>Upward dog with neck flexion and extension, Right and left lateral rotation</u>	4 breathing cycles (2 for neck flexion and extension; 2 for lateral rotation)		
SUN SALUTATION	Short version and Full Version (given in bold face type)		
	Position 1 (<i>Pranamasana</i> -Prayer pose) Position 2 (<i>Hashta Uthanasana</i> -Raised arm pose) Position 3 (<i>Padahastanasana</i> -Hand to Foot Pose) Position 4 (<i>Aswa sanchalanasana</i> -Equestrian Pose) Position 5 (<i>Adhomuka svanasana</i> - Downward stretch dog) Position 6 (<i>Nirkunjasana</i> -Ashtanga namaskar) Position 7 (<i>Bhujangasana</i> -Serpent pose) Position 9 (<i>Adhomuka svanasana</i> -Downward stretch dog) Position 9 (<i>Aswa sanchalanasana</i> -Equestrian Pose) Position 10 (<i>Padahastanasana</i> -Hand to Foot Pose) Position 11 (<i>Hashta Uthanasana</i> -Raised arm pose) Position 12 (<i>Pranamasana</i> -Prayer pose)	1 short sequence 3 full sequence 1 short sequence	4
POSTURES	<i>Tadasana</i> - Mountain posture	2* 30 sec	1
	<i>Bharadvajasana</i> - torso twist	4*30 sec	2
	<i>Matsyasana</i> - Fish posture	3*40 sec	2
	<i>Urdhva Janu sirasana</i> - Upward facing single leg forward	4*30 sec	2
BREATHING EXERCISES	<i>Nadi Shodana</i> -Alternate nostril with retention (1:2:1)	3 cycles	2
	<i>Mukhasana</i> - Facial breathing	3 cycles	4
	<i>Shanmukhi mudra</i> - Seal of sense organ	2 rounds	2
	<i>Bhramari</i> - Humming Bee breath	3 cycles	2
MEDITATION	'OM' kara - OM Meditation		3

Further details and particulars of yoga activities are available in ANZCTR trial registration under supporting document as Appendix 1.

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=383052&showOriginal=true&isReview=true>

Walking program

