



STANDARD OPERATING PROCEDURE

YOGA

PREFACE

Mangupura, 1 November 2022



Greetings from Care and Love Corporation,

First of all, we would like to thank to Ida Sang Hyang Widhi Wasa (God Almighty) for the completion of this standard operating procedure. This guidance book is based on the owner's experience in hospitality industry, which aims to help young people who want to work in hospitality industry, especially in Katak Tepi Sawah Villa, Restaurant and SPA.

CEO

CARE & LOVE CORPORATION

I Nyoman Sudiartawan, S.

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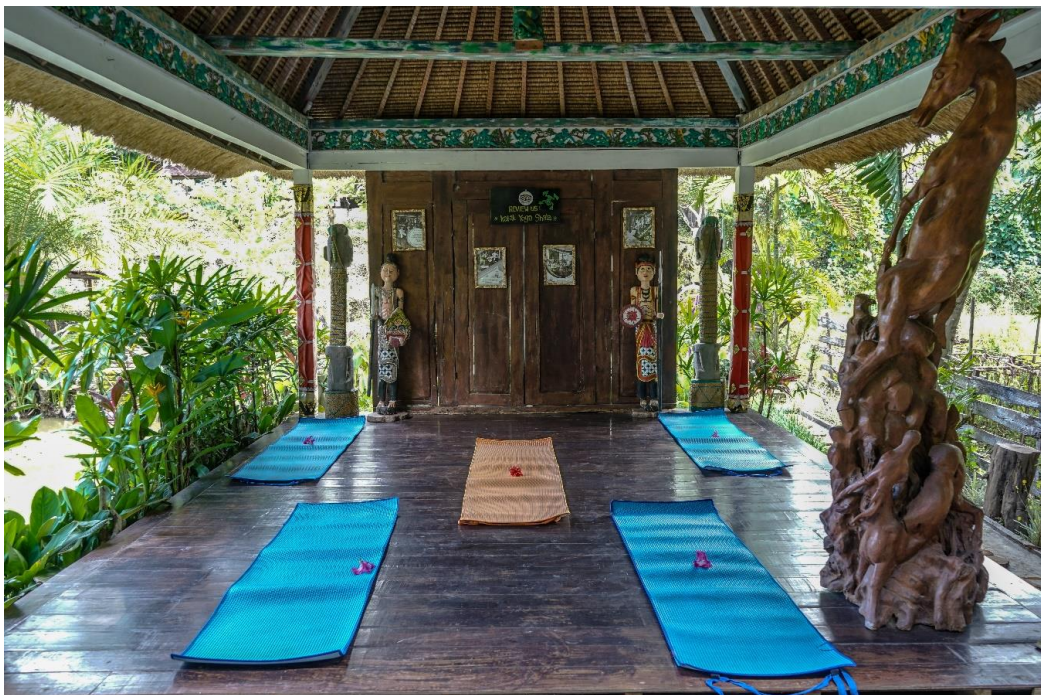
1. GROOMING OF YOGA TEACHER



- Personal Hygiene
- Clean uniform and well pressed
- Clean finger nails
- No jewellery
- Natural Make up

2. OPENING YOGA SHALA

- Yoga Shala is clean 30 minutes before the class
- Setup the Yoga Mat
- Setup the speaker
- Turn on mosquito repellent



3. CLOSING YOGA SHALA

Cleaning all area



4. PROCEDURE OF HANDLING YOGA

A. Handling Yoga

- **Greeting**, follow by Concern (*Good Morning/ Afternoon Mrs. Merry. Welcome to Ashtanga Yoga for Beginner*)

- **Introduction**


“ Allow me to introduce myself or introduce my self, My name is Lilik and I will be your instructor

B. Praying

- *“Before I start the yoga, lets pray together, please repeat after me”*
- *“Mantram Yoga”*


5. STARTING YOGA

Level 3



Ashtanga Yoga Primary Series - Noel Kriwool
 YOGA-KARTA TRISTHANA: 1 Breathing 2 Posture 3 Dristhi/Gazing Point
 www.yogakarta.com

1




Asana: Surya Namaskara A: 5 rounds

Dristhi: Nose	Thumb	Nose	Nose	Nose	Nose	Navel	Nose	Nose	Nose	Thumb	Nose
Breath: -/Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale

5 Breaths

2




Asana: Surya Namaskara B: 3 rounds

Dristhi: Nose	Thumb	Nose	Nose	Nose	Nose	Navel	Thumb	Nose	Nose	Navel	Thumb	Nose	Nose	Navel	Nose	Nose	Thumb	Nose
Breath: -/Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale	Inhale	Exhale

5 Breaths

3




Asana: Padangushthasana, Uthita Trikonasana, Uthita Parsva Konasana, Prasarita Padottanasana, Parsvottanasana

Dristhi: Nose	Nose	Hand	Hand	Hand	Hand	Nose	Nose	Nose	Nose	Toe
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Breath: Hold each asana for 5 breaths

4

Closing



Asanas: Baddha Padmasana, Yoga Mudra, Padmasana, Utpluthih, Closing Prayer, Rest

Dristhi: Nose	Nose	Nose	Nose		
Breath: (Preparation)	10 breaths	10 breaths	10 breaths		

1. Preparation before class begins

Instructors are required to be present 15 minutes before class starts, make sure the class is clean and welcome students who come with Smiles and Greetings, then greet new students and recognize the problem.

Prohibited: holding a cellphone, taking photos and videos, and putting a drinking bottle next to the mat.

Warning 4 areas prone to injury

- **Knees :** For those who have knee problems do not bend the knees too deeply, and do not straighten the legs excessively, avoid doing lotus or padmasana attitudes.
- **Waist :** For those who have waist problems when bending forward it is better to bend the knees and avoid backbends that are too deep.
- **Shoulders:** For those who have shoulder problems, do not raise your arms too high upwards, avoid supporting the body excessively using your shoulders, and avoid arm balance poses.

- Neck : for those who have neck problems avoid looking up and turning their heads too deeply, the face is in the same direction as the chest.

Conclusion : Move as comfortable as possible and avoid pushing yourself

2. Opening prayer

- Give our gratitude to the yoga teacher who has given us the knowledge of yoga.
- Hope that yoga can bring benefits to body health, peace of mind and happiness in the day.

3. Sun salutation A : 3 rounds

4. Sun salutation B : 2 rounds

5. Standing asana (each asana / yoga pose is done for 5 breaths)

- Padangusthasana and Padahasthasana
- Trikonasana A and B
- Parsvakonasana A and B
- Prasaritta Padottanasana A, B, C and B
- Parsvottasana

6. Closing Cover:

- Baddha Padmasana (10 breaths)
- Yoga Mudra (10 Breaths)
- Padmasana (Pranayama):
- Breath Ujjayi 10 breaths, breathe in slowly and long through the nose
- **Choose one of** Pranayama; Nadhi Sodhana, Brahmari or Coolong Pranayama (Shetalle, Sitkari, and Sadhanta)
- Utplutihi 10 breaths

7. Closing Prayer

- Give hope to the nation and state so that they will always be led by wise leaders, led by the way of truth and honesty for their people.
- Give hope that all humans are blessed and all creatures happy.

6. FAREWELL

Farewell the guest and Say thank you to the guest

- “Thank you for coming and we really wish you to back again the our class in the near future”
- “It has been my pleasure to meet you”
- “See you and have nice day “

