


MANGALORE UNIVERSITY
DEPARTMENT OF YOGIC SCIENCE
M.Sc. YOGIC SCIENCE

YSP455 PRACTICAL – III: KRIYAS AND ASANAS

Learning Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Learning Outcome:

After the completion of the course, the student will be able to:

- Perform the Kriyas and Asanas systematically.
- Describe and demonstrate the procedures of selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I	Selected Kriyas	24 Hrs
	1) Vastradhauti	
	2) Shankhprakhshalana.	
	3) Nauli	
	4) Kapalabhati - variations	
II	Asanas	24 Hrs
	1) Kukkutasana,Marichasana 3	
	2) Marichasana 4,Jatharaparivatha	
	3) Upavishtakonasana,Baddhakonasana	
	4) Suptapadangusthasana,Suptaparshvasahita	
III	Asanas	24 Hrs
	1) Ubhayapadangushtasana,Urdhwamukha Paschimottanasana	
	2) Bharadwajasana,Ardhamatsyendrasana	

- 3) Simhasana, Akarna dhanurasana
- 4) Paryankasana, Shirshasana

REFERENCE BOOKS

1. Swami Digambarji(1997), Hathayoga pradeepika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune - 410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYMSamiti, Kaivalyadhama, Lonavala - 410403.
3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005
4. JoisPattabhi (2010), Yoga mala – Part I, North Point Press, A Division ofFarrar, Straus and Giroux, 18 west 18the street, New York 10011.
5. B.K.S.Iyengar (1966), Light on Yoga .Harper Collins publication, 77- 85Fulham Palace road, London W6 8JB.
6. B.K.S.Iyengar(1999), Light on Pranayama,HarperCollins,New Delhi,-201307
7. Swami SatyanandaSaraswati(1997), Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger-811201
8. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605104
9. Swami Satyanada Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Munger-811201
10. Swami Dhirendra Brahmachari(1953), YogasanaVijnana, Dhirendra Yoga Publications, New Delhi-110001
11. O.P.Tiwari,(1991) Asana, Why & How, Kaivlyadhama, Lonavala,-410403
12. Swami SatynandaSaraswati(1983), Suryanamaskara,Bihar School of Yoga, Munger-811201
13. Bhat K Krishna (2006), The Power of Yoga, Suyoga Publications, Mangalore-574279
14. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal Power Press, Manipal, Mysore 570012
15. Swami Kuvalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Burea (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002