


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

YSP456 PRACTICAL – IV: ASANAS.

Learning Objectives:

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

Learning Outcome:

After the completion of the course, the student will be able –

- To perform the asanas systematically.
- To describe and demonstrate the procedures of the Asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and improvement of health and concentration.

I	Asanas	24 Hrs
	1) Surya namaskara – 12 vinyasa	
	2) Utkatasana, Natarajasana	
	3) Vatayanasana, Parighasana	
	4) Yogamudra, Garbhapindasana	
II	Asanas	24 Hrs
	1) Kraunchasana, Mayurasana	
	2) Laghuvajrasana, Kapotasana	
	3) Paschimottanasana – III, Nakrasana	
	4) Matsyendrasana, Vishwamitrasana	
III	Asanas	24 Hrs
	1) Gomukhasana, Parvatasana	
	2) Chakrasana, Garudasana	

- 3) Ekapadashirshasana, Dwipadashirshasana
- 4) Yoganidrasana, Suptakonasana

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 Kunalayananda and Dr. S.L. Vinekar,(1963) Yogic Therapy, Central Health Bureau (Directorate general of Health Services) Minister of Health and family Welfare. Government of India, New Delhi - 110002