



# MANGALORE UNIVERSITY

## Department of Human Consciousness and Yogic Sciences

### M.Sc. Yogic Science

#### YSH405 PRACTICAL – I: 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 the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

#### I Selected Kriyas 24Hrs

- 1) Jalaneti, Kapalabhathi
- 2) Agnisara, Trataka
- 3) Sutraneiti
- 4) Gajakarani



#### II Asanas 24Hrs

- 1) Svastikasana, Tadasana 1&2
- 2) Vaidika Suryanamaskara – 9 Vinyasa
- 3) Siddhasana, Padmasana
- 4) Baddha Padmasana, Pashasana

#### III Asanas 24Hrs

- 1) Shalabhasana, Bhekasana
- 2) Dhanurasana, Parshvasahita Dhanurasana
- 3) Ustrasana, Vajra & Suptavajrasana
- 4) Pavanamuktasana, Bhujangasana

#### IV Asanas 24 Hrs

- 1) Urdhwa Padmasana
- 2) Pindasana

3) Matsyasana,Uttanapadasana

4) Shavasana I.

## REFERENCE BOOKS

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3. Swami Omananda Teertha, Patanjala Yoga Pradeepa, Gita Press, Gorakhpur-273005
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