



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences M.Sc. Yogic Science

YSH406 PRACTICAL – II: 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**.
- 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 **self-improvement of health** and concentration.

I	Asanas	24Hrs
	1) Yaugika Suryanamaskara – 17 Vinyasa	
	2) Padangusthasana, Padahasthasana	
	3) Utthita Trikonasana, Parivrtta Trikonasana	
	4) Utthita Parshvakonasana, Prasarithapadottanasana	
II	Asanas	24Hrs
	1) Parshvottanasana	
	2) Utthita Padangusthasana	
	3) Ardhabaddhapadmottanasana	
	4) Veerabhadrasana	
III	Asanas	24Hrs
	1) Paschimottanasana, Purvottanasana	
	2) Ardhabaddhapadmapaschimottanasana, Janushirshasana	

- 3) Tiryannukhaikapadapaschimottanasana
- 4) Marichasana 1 & 2, Navasana

IV Asanas

24 Hrs

- 1) Bhujapeedasana, Kurmasana
- 2) Setubandhasana
- 3) Viparitarani, Salamba Sarvangasana
- 4) Halasana, Shavasana II

REFERENCE BOOKS

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