



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences 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, Jatharaparivartana
- 3) Upavishtakonasana, Baddhakonasana
- 4) Suptapadangusthasana, Suptaparshvasahita

III Asanas 24 Hrs

- 1) Ubhayapadangusthasana, Urdhwamukha Paschimottanasana
- 2) Bharadwajasana, Ardhamatsyendrasana
- 3) Simhasana, Akarna dhanurasana
- 4) Paryankasana, Shirshasana

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