



MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

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.

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| 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) Ekpadashirshasana, Dwipadashirshasana | |
| | 4) Yoganidrasana, Suptakonasana | |

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