



MANGALORE UNIVERSITY

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

YSH402 FOUNDATION OF YOGIC SCIENCE-II

Learning Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Maharshi Patanjali.
- Detailed study of Patanjala Yoga Sutra.
- Study of citta and its modifications.

Learning Outcome:

The student will have:

- The knowledge of Patanjala Yoga Sutra.
- The theoretical knowledge of attaining of Samadhi in the case of a practitioner with concentrated citta.
- The knowledge of method of practice of yoga in the case of an individual with citta which is not concentrated.
- The theoretical knowledge of concentration methods, their application, attaining of kaivalya.

I Introduction to Hatha yoga, Asanas 12Hrs

- 1) Relationship of HathaPradipika and Rajayoga, Greatness of Hathayoga, Hathayogiparampara, Importance of Hatha and its secrecy.
- 2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.
- 3) Asana, Methods of Hathayoga Practice.
- 4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

II Pranayamas, Kriyas 12Hrs

- 1) Benefits of Pranayama, Nadishuddi Pranayama, Duration and time for Pranayama practice, gradation of Pranayama, Sweat and Pranayama, Food during Pranayama practice.
- 2) Yukta and Ayukta Pranayama, Nadishuddhi, Satkriyas, Gajakarani.
- 3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmany.

- 4) Classification of Kumbhaka and its benefits,
Hathayogasiddhilakshanam.

III Kundalini, Mudras and Bandhas

12Hrs

- 1) Kundalini's base for all Yoga.
- 2) Results of Kundalini Prabodha, Synonyms for Sushumna
- 3) Mudras and Bandhas-classification, benefits and methods of practice.
- 4) Nadanusandhana, Kandaswarupa.

IV Methods of Samadhi Practice in Hatha yoga

12Hrs

- 1) Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga,
Amaroli.
- 2) Relation between Hathayoga and Moksha, Merging of Prana and
Manas, Laya.
- 3) Shambhavimudra, Unmani, Khechhari, Nadanusandhana,
Characteristics of Nada, Pratyahara.
- 4) Different types of Nada, Condition of Yogi in UnmaniAvastha,
Realisation.

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