YSH105 **PRACTICAL – I: KRIYAS AND ASANAS**

Course Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Course 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) Sutraneti
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 **24Hrs**

1) Urdhwa Padmasana
2) Pindasana
3) Matsyasana, Uttanapadasana
4) Shavasana I.

Reference Books

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2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). London:ThorsonsLondon Bridge Street, London, 32 London Bridge St, London SE1 9SG, United Kingdom.
3. Dhirendra Brahmachari. (1970). *Yogasana Vijnana.*Mumbai:Asia Publishing HouseMumbai City MH 400038 IN.
4. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication574279 Mangalore.
5. Omanand Maharaj. (2013). *Patanjal Yog Pradeep* (2013 ed.). Gorakhpur: Geeta Press GorakhpurUttar Pradesh 273001.
6. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi:Picador New Delhi, Delhi 110001 India.
7. Shri O P Tiwari. (2005). *Asana Why and How.*Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
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10. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.).Munger: Yoga Publications Trust, Munger, Bihar, India.
11. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha.*Munger:Bihar School Of Yoga Bihar 811201.
12. Swami Satyananda Saraswati. (2002). *Surya Namaskara: A Technique of Solar Vitalization* (2 ed.). Munger:Yoga Pubns Trust,Munger, Bihar, 811201India..
13. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.).Mysore: Prasaranga Mysore UniversityKarnataka 570009.