YSH106 **PRACTICAL – II: ASANAS**

Course 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.

Course 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) Surya namaskara – 12 vinyasa
2) Padangusthasana, Padahastasana
3) Utthita Trikonasana, Parivrtta Trikonasana
4) Utthita Parshvakonasana,Prasarithapadottanasana

II Asanas **24Hrs**

1) Parshvottanasana ,Utthita Padangusthasana
2) Ardhabaddhapadmottanasana, Veerabhadrasana
3) Paschimottanasana, Purvottanasana
4) Ardhabaddhapadmapaschimottanasana, Janushirshasana

III Asanas **24Hrs**

1) Tiryanmukhaikapadapaschimottanasana, Marichasana 1 & 2
2) Navasana , Bhujapeedasana
3) Kurmasana, Setubandhasana
4) Viparitakarani, Salamba Sarvangasana, Halasana, Shavasana II

IV Insrumental experiments **24 Hrs**

1) Height, Weight
2) B.M.I
3) B.P reading
4) Temperature

Reference Books

1. B.K.S. Iyengar. (2006). Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority (6 ed.). London: Thorsons London Bridge Street, London, 32 London Bridge St, London SE1 9SG, United Kingdom.
2. DhirendraBrahmachari. (1970). YogasanaVijnana. Mumbai: Asia Publishing House Mumbai City MH 400038 IN.
3. Krishna Bhat, K. (2006). The Power of Yoga (1 ed.). Mangalore: Suyoga PublicationMangalore-574279.
4. PattabhiJois. (2010). Yoga Mala (2 ed.). Delhi: Picador New Delhi, Delhi 110001 India.
5. Shri O P Tiwari. (2005). Asana Why and How. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
6. Swami Digambaraji. (1998). Hathapradipika (1998 ed.). Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403
7. Swami Digambarji, & Dr M L Gharote. (1997). Gheranda Samhita. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
8. Swami SatyanandaSaraswati. (2004). A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar,811201 India.
9. Swami SatyanandaSaraswati. (2013). Asana Pranayama Mudra Bandha. Munger: Bihar School of Yoga Bihar811201.
10. Swami SatyanandaSaraswati. (2002). Surya Namaskara: A Technique of Solar Vitalization (2 ed.). Munger: Yoga Pubns Trust, Munger, Bihar, 811201India.
11. TirumalaiKrishnamacharya. (1972). Yogasanagalu (3 ed.). Mysore: Prasaranga Mysore University570009 Mysore.

- **ONE MONTH INTERNSHIP.**