YSP205 **PRACTICAL – III: 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 selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I Selected Kriyas **24 Hrs**

1) Vastradhauti
2) Shankhaprakshalana.
3) Nauli
4) Kapalabhati - variations

II Asanas **24 Hrs**

1) Kukkutasana, Marichasana 3
2) Marichasana 4,Jatharaparivartha
3) Upavishtakonasana,Baddhakonasana
4) Suptapadangusthasana,Suptaparshvasahita

III Asanas **24 Hrs**

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

Reference Books:

1. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.). Thorsons, London SE1 9GF, United Kingdom.
2. Dhirendra Brahmachari. (1970). *Yogasana Vijnana.*Delhi :Asia Publishing House, E-113, Lajpat Nagar, Delhi - 110024.
3. Krishna Bhat, K. (2006). *The Power Of Yoga* (1 ed.). Mangalore: Suyoga Publication,Mangalore-574279.

4. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador New Delhi,Delhi 110001India.
5. Shri O P Tiwari. (2005). *Asana Why and How.*Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
6. Srivatsa Ramaswami. (2005). *The Complete Book of Vinyasa Yoga.*Massachusetts: Da Capo Press,Massachusetts, 53 State St, Boston, MA 02109, United States.
7. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
8. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita.*Lonavala: Kaivalyadhama,Lonavla, Maharashtra 410403.
9. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201India.
10. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha.*Munger: Yoga Publications Trust, Munger, Bihar,811201 India.
11. Swami Satyananda Saraswati. (2002). *Surya Namaskara: A Technique of Solar Vitalization* (2 ed.). Munger: Yoga Publications Trust, Munger, Bihar, 811201 India.
12. Tirumalai Krishnamacharya. (1972). *Yogasanagalu* (3 ed.).Mysore: Prasaranga, Mysore University, Karnataka 570009.