SPECIALISATION A: YOGA THERAPY

III SEMESTER

YSH301A **BASICS OF INTEGRAL APPROACH TO YOGIC SCIENCE-II**

Course Objectives:

- To know the basics of Jnana Yoga.
- To know the yogic methods in Upanishads.
- To know yogic methods in Yoga Vasishta.
- Understanding of Yoga therapy concepts in certain classical texts.

Course Outcome:

After the completion of course the student will be able to understand-

- Jnana Yoga and its application in Yoga therapy.
- Yogic concepts in the selected Upanishads and their practical usage.
- Explain Yogic methods in Yoga Vasishta and their practicality.
- Describe and to apply the therapy concepts in the selected classical texts.

I Basics of Jnanayoga **15 Hrs**

1) Jnanayoga – Introduction, Prasthanatraya, Anubandhachatustaya, Subject matter, Qualification for study of Jnana Yoga.
2) Guru, Adhyasa, Samasti and Vyasti aspects of Adhyasa.
3) Nature of reality, Apavada, Brahma, Evolution theory, Panchakosa theory
4) Steps to realization, Samadhi and its obstacles.

II Yogic methods in Upanishats **15 Hrs**

1) Nadabindu upanishat
2) Dhyanabindu upanishat
3) Kathopanishat
4) Shwethshwatara upanishat

III Yogic methods in Yogavasistha **15 Hrs**

1) Citta, its qualities, Cittavikaras, Cittacikitsa.
2) Manas, Rupa, Existance, Sadacara, Ahankara, Bandhabandha Jivanmukta.

3) Yoga and its explanation, Jnana, Indriya and Vairagya.

4) Jnana, Suk Yogopadesa, Nirvana, Visranti.

IV Yoga therapy concepts in classical texts 15 Hrs

1) Patanjala yoga sutra

2) Hathayogapradipika

3) Gheranda Samhita

4) Shivayogadipika

Reference Books:

1. Ann Swanson. (2019). *Science of Yoga: Understand the Anatomy and Physiology to Perfect your Practice.*Noida: DK England,UP 201 301, India.
2. Chandradhar Sharma. (2016). *A Critical Survey of Indian Philosophy* (14 ed.).New Delhi: Motilal Banarsidass, New Delhi, 110007 India.
3. Ravi Prakash Arya. (2005). *Yoga-Vasistha of Valmiki (4 Volumes)* (2005 ed.). New Delhi : Parimal Publication Pvt. Ltd,Shakti Nagar, Delhi, 110007.
4. Ganesha Shastri Joshi, & Anand Ashram Edition. (1982). *The Ten Upanishads.*Pondichery: Anand Ashram, 605104, Chinna Mudaliyar Chavady Pondichery.
5. K L Joshi. (2016). *112 Upanisad [Vol.1-2].*Delhi: Chaukambha Sanskrit Pratishthan,New Delhi, Delhi 110002.
6. Nikhilannda, S. (2008). *Vedantasara of Sadananda Yogindra.*Delhi: Bharatiya Kala Prakashan,Delhi, 110035.
7. Pandit A. Mahadeva Sastri. (1983). *Yoga Upanisads.*Chennai: The Adyar Library and Research Centre, Chennai, Tamil Nadu 600090.
8. Shastri Swami Jagannath. (2017). *Sankhyakarika (Srimadiswarkrishnavirchit).*New Delhi: Motilal Banarsidass, New Delhi,110007 India.
9. Swami Krishnananda. (2009). *A Short History of Religious and Philosophic Thought.*Rishikesh: Divine Life Society, Rishikesh,P.O: Shivanandanagar, District, Muni Ki Reti, Rishikesh, Uttarakhand 249192 India.
10. Swami Nikhilananda. (1931). *Vedantasara of Sadananda.*Mayavati: Advaita ashram, Almora, Himalayas,Uttarakhand 262524.
11. Swami Venkatesananda. (2010). *The Supreme Yoga: Yoga Vasistha* (4 ed.). New Delhi: Motilal Banarsidass Publishers New Delhi, 110007India.
12. Valmiki. (2006). *The Yogavasistha.* (Vasudeva Laxmana Sharma Pansikar, Ed.) New Delhi: Motilal Banarsidass Publishers New Delhi,110007 India.