

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, Bhikasana	
	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

1. B.K.S. Iyengar. (2005). *Light on Pranayama*. Rockport MA:ElementRockport MA P. O. BOX 830 21 BROADWAY; ROCKPORT,; 01966; MA;USA.
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. Dharendra 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.
8. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403
9. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita*. Lonavala: Kaivalyadhama Lonavla, Maharashtra 410403.
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: Prasaraanga Mysore UniversityKarnataka 570009.