II SEMESTER

YSH201 FOUNDATION OF YOGIC SCIENCE-III

Course Objectives:

To make the students to have knowledge of –

- Fundamental classical texts of yoga.
- Detailed study of GherandaSamhita and SivayogaDipika.
- Development of Sivayoga.
- Study of different yogic practices.

Course Outcome:

- The student will have the knowledge of GherandaSamhita and SivayogaDipika.
- The student will have the theoretical knowledge of different limbs of yoga according to Ghatayoga.
- Knowledge of classification of yoga. Evolution theory, bahyayoga.
- Knowledge of place of practice, means to control citta and other relevant points.
- Improvement of character, development of sincerity.

I Ghatayoga and its applications - I 15 Hrs

1) Ghatayoga – Introduction, Saptanga yoga, Benefits.
2) Satkriyas – Classification, Practising methods and benefits.
3) Asana– Classification, Practising methods and benefits.
4) Mudra – Introduction, 25 Mudras – Classification, Practisingmethods and benefits.

II Ghatayoga and its applications - II 15 Hrs

1) Pratyahara– Classification, Practising methods and benefits.
2) Pranayama– Classification, Practising methods and benefits.
3) Meditation– Classification, Practising methods and benefits.
4) A comparative study of Hathayoga and Ghata yoga.

III Methods of Samadhi Practice in Siva yoga -I 15 Hrs

1) Shivayogadipika – Introduction, Classification of yoga, Classification of Rajayoga.
2) Comparison between Rajayoga and Shivayoga.

3) Evolution theory, two types of Shivajnana, Qualities of a teacher, Shivaswarupa.

4) Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga, Antaranga yoga, Yama, Niyama, Asana.

IV Methods of Samadhi Practice in Siva yoga -II 15 Hrs

1) Place of practice of Hathayoga, Pranayama, Prakrtayoga, Vaikrtayoga, Kevalakumbhaka, Amana yoga, Ajapagayathri.

2) Nadi, Pranava, Bandha, Duration of Pranayama, and Meditation. Antarangayoga – Pratyahara, object for Meditation, Posture, Chakra, Adhara, Means to control Citta.

3) Dharana, Duration and Objects of Dharana, Samadhi and definition, Conducivesfor Samadhi.

4) Benefits of Astangayoga – Hathayoga – Layayoga – Mantrayoga.

Reference Books

1. Swami Vivekananda. (1982). Raja Yoga. Culcutta: Advaita Ashrama Delhi Entally Road Culcatta 700014.
2. Sadasiva Brahmendra Saraswathi. (1978). *Shiva Yoga Deepika.*Pondichery:Anand Ashram Series, 605104,, Chinna Mudaliyar ChavadyPondichery.
3. Swami Adidevananda. (2014). *ಪಾತಂಜಲಯೋಗದರ್ಶನ: Patanjal Yoga Darshan (Kannada).*Mysore:Shri Ramkrishna Ashram Mysore, Karnataka 570002.
4. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.).Lonavala: KaivalyadhamaLonavla, Maharashtra 410403.
5. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita.*Lonavala: KaivalyadhamaLonavla, Maharashtra 410403.
6. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.). Munger:Bihar School of Yoga Bihar, Bihar 811201 India.