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.