MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences
M.Sc. Yogic Science

YSH402 FOUNDATION OF YOGIC SCIENCE-II

Learning Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Maharshi Patanjali.
- Detailed study of Patanjala Yoga Sutra.
- Study of citta and its modifications.

Learning Outcome:

The student will have:

- The knowledge of Patanjala Yoga Sutra.
- The theoretical knowledge of attaining of Samadhi in the case of a practitioner with concentrated citta.
- The knowledge of method of practice of yoga in the case of an individual with citta which is not concentrated.
- The theoretical knowledge of concentration methods, their application, attaining of kaivalya.

I Introduction to Hatha yoga, Asanas 12Hrs

1) Relationship of HathaPradipika and Rajayoga, Greatness of Hathayoga, Hathayogiparampara, Importance of Hatha and its secrecy.

2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.

3) Asana, Methods of Hathayoga Practice.

4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

II Pranayamas, Kriyas 12Hrs

1) Benefits of Pranayama, Nadishuddi Pranayama, Duration and time for Pranayama practice, gradation of Pranayama, Sweat and Pranayama, Food during Pranayama practice.

2) Yukta and Ayukta Pranayama, Nadishuddhi, Satkriyas, Gajakarani.
3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmany.

. 4) Classification of Kumbhaka and its benefits,

Hathayogasiddhilakshanam.

III Kundalini, Mudras and Bandhas 12Hrs

1) Kundalinias base for all Yoga.
2) Results of Kundalini Prabodha, Synonyms for Sushumna
3) Mudras and Bandhas-classification, benefits and methods of practice.
4) Nadanusandhana, Kandaswarupa.

IV Methods of Samadhi Practice in Hatha yoga 12Hrs

1) Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga,

Amaroli.

2) Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya.

3) Shambhavimudra, Unmani, Khechari, Nadanusandhana, Characterstics of Nada, Pratyahara.

4) Different types of Nada, Condition of Yogi in UnmaniAvastha, Realisation.

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