MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

M.Sc. Yogic Science

YSP455 PRACTICAL – III: KRIYAS AND ASANAS

Learning Objectives:

- Fundamentals of Yogic Kriyas and Yogasanas.
- Practical knowledge of Yogic Kriyas and Yogasanas.
- Traditional knowledge in modern educational method.

Learning 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

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