MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences

M.Sc. Yogic Science

YSP456 PRACTICAL – IV: ASANAS.

Learning Objectives:

- Training of students in certain Asanas, classical references to the Asanas.
- To make the students to understand the method of Asana practice.
- To have references for the practices.

Learning Outcome:

After the completion of the course, the student will be able –

- To perform the asanas systematically.
- To describe and demonstrate the procedures of the Asanas.
- To apply the asanas therapeutically according to the individual requirement.
- To represent the practice in proper terms.
- Understanding and improvement of health and concentration.

I Asanas **24 Hrs**

1) Surya namaskara – 12 vinyasa
2) Utkatasana, Natarajasana
3) Vatayanasana,Parighasana
4) Yogamudra, Garbhapindasana

II Asanas **24 Hrs**

1) Kraunchasana,Mayurasana
2) Laghuvajrasana,Kapotasana
3) Paschimottanasana – III,Nakrasana
4) Matsyendrasana, Vishwamitrasana

III Asanas **24 Hrs**

1) Gomukhasana, Parvatasana
2) Chakrasana, Garudasana
3) Ekapadashirshasana, Dwipadashirshasana
4) Yoganidrasana, Suptakonasana

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