

MANGALORE UNIVERSITY
DEPARTMENT OF YOGIC SCIENCE
M.Sc. YOGIC SCIENCE

YSH405 PRACTICAL – I: 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 the selected Kriyas and Asanas.
- Apply the Kriyas and Asanas therapeutically according to the individual requirement.

I	Selected Kriyas	24Hrs
	1) Jalaneti, Kapalabhati	
	2) Agnisara, Trataka	
	3) Sutraneti	
	4) Gajakarani	
II	Asanas	24Hrs
	1) Svastikasana, Tadasana 1&2	
	2) Vaidika Suryanamaskara – 9 Vinyasa	
	3) Siddhasana, Padmasana	
	4) Baddha Padmasana, Pashasana	
III	Asanas	24Hrs
	1) Shalabhasana, Bhikasana	
	2) Dhanurasana, Parshvasahita Dhanurasana	
	3) Ustrasana, Vajra & Suptavajrasana	
	4) Pavanamuktasana, Bhujangasana	
IV	Asanas	24 Hrs
	1) Urdhwa Padmasana	

- 2) Pindasana
- 3) Matsyasana,Uttanapadasana
- 4) Shavasana I

REFERENCE BOOKS

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