

MANGALORE UNIVERSITY
DEPARTMENT OF YOGIC SCIENCE
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, Jatharaparivartana	
	3) Upavishtakonasana, Baddhakonasana	
	4) Suptapadangusthasana, Suptaparshvasahita	
III	Asanas	24 Hrs
	1) Ubhayapadangusthasana, Urdhwamukha Paschimottanasana	
	2) Bharadwajasana, Ardhamatsyendrasana	

- 3) Simhasana, Akarna dhanurasana
- 4) Paryankasana, Shirshasana

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