

MANGALORE UNIVERSITY
DEPARTMENT OF YOGIC SCIENCE
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

REFERENCE BOOKS

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