



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

REFERENCE BOOKS

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