

YSH102 FOUNDATION OF YOGIC SCIENCE-II

Course Objectives:

- To make the students to have knowledge of fundamental classical texts of yoga.
- Development of yoga according to the system of Hathayoga.
- Detailed study of Hathapradipika.
- Study of asanas, kriyas, pranayamas, bandhas, mudras and samadhi.

Course Outcome:

The student will have:

- The knowledge of requirements for the practise of hathayoga, asanas.
- The knowledge of practise of Pranayamas and the kriyas.
- The theoretical knowledge of practice of selected mudras and bandhas.
- The theoretical knowledge of concentration methods, their application, attaining of samadhi.

I Introduction to Hatha yoga, Asanas 15 Hrs

- 1) Relationship of Hathayoga and Rajayoga, Greatness of Hathayoga, Hathayogi parampara, Importance of Hatha and its secrecy.
- 2) Place of Hathayoga practice, Destructives and constructive of yoga, Yama and Niyama.
- 3) Asana, Methods of Hathayoga Practice.
- 4) Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

II Pranayamas, Kriyas 15 Hrs

- 1) Benefits of Pranayama, Nadishuddi Pranayama, Duration and time for Pranayama practice, gradation of Pranayama, Sweat and Pranayama, Food during Pranayama practice.
- 2) Yukta and Ayukta Pranayama, Satkriyas, Gajakarani.
- 3) Importance of Pranayama practice, symptoms of Nadishuddhi, Manonmani.
- 4) Classification of Kumbhaka and its benefits, Hathayogasiddhilakshanam.

- III Kundalini, Mudras and Bandhas 15 Hrs**
- 1) Kundalini as base for all Yoga.
 - 2) Results of Kundalini Prabodha, Synonyms for Sushumna
 - 3) Mudras and Bandhas-classification, benefits and methods of practice.
 - 4) Nadanusandhana, Kandaswarupa.
- IV Methods of Samadhi Practice in Hatha yoga 15 Hrs**
- 1) Methods of Samadhi Practice, Synonyms for Samadhi, Rajayoga, Amaroli.
 - 2) Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya.
 - 3) Shambhavi mudra, Unmani, Khechari, Nadanusandhana, Characteristics of Nada, Pratyahara.
 - 4) Different types of Nada, Condition of Yogi in UnmaniAvastha, Realisation.

Reference Books

1. Parmhansa Swami Annat Bharati. (2017). *Hatha Yoga Pradipika*. Varanasi:Chaukhambha K37/117, Gopal Mandir Lane Golghar, Maidagin Varanasi-221001.
2. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala:KaivalyadhamaLonavla, Maharashtra 410403.
3. Swami Muktibodhananda. (1998). *Hatha Yoga Pradipika* (4 ed.).Munger: Bihar School Of Yoga,Munger, Bihar 811201 India.
4. Swami Muktibodhananda. (2012). *Hatha Yoga Pradipika: Light on Hatha Yoga*.Munger:Yoga Publications Trust, Munger, Bihar811201 India.
5. Swami Niranjanananda Saraswati. (2012). *Gheranda Samhita* (1 ed.).Munger: Bihar School of YogaMunger, Bihar811201 India.