

**CENTRAL UNIVERSITY OF KERALA**  
DEPARTMENT OF YOGA STUDIES  
M.Sc. YOGA THERAPY

**MYG5191 Yoga Practice I**

Course Code	MYG5191	Semester	I
Course Title	<i>Yoga Practice I</i>		
Credits	4	Type	Core

**Course Description**

**This course is a participatory and experimental method for employability based skill development in Yoga Therapy.** The course provides a deep understanding and practical experience about various yogic techniques such as yogasanas, pranayama, kriyas, meditation etc. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

**Course Outcome**

- After completing this course students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.
- **Experience in basic asanas, pranayamas, kriyas and meditation techniques.**
- Students can develop good observational skill during the practice of yoga.
- Students will get deeper understanding about each techniques and how it affects the body parts.
- **Ability to describe and demonstrate the yogic techniques.**
- **Students get the skill in using the Yogic techniques systematically for Yoga therapy.**

**Course Structure**

The following is a detailed syllabus of MYG5191 Yoga Practice I.

**Module :**

Yoga practice I includes basic asanas and basic kriyas which are essential for therapeutic application of Yoga.

This module comprises of the following units:

**Unit I (28 hours)**

- Yogic sukshma vyayamas (shithilakarana vyayams or loosening exercises)
- Sūryanamaskāra (12 Steps)
- Tāḍāsana
- Pādahastāsana
- Ardhaḥaṭi Cakrāsana
- Vṛkṣāsana

**Unit II (22 hours)**

- Utthita Trikōṇāsana
- Utthita Pārśvakōṇāsana

- Vīrabhadrāsana
- Paścimōttānāsana
- Pūrvōttānāsana

### **Unit III**

**(22 hours)**

- Vagrāsana
- Vajrāsana
- Suptavajrasana
- Upaviṣṭa Kōṇāsana
- Baddha Kōṇāsana

### **Unit IV**

**(20 hours)**

- Viparītakaraṇī
- Uttānapādāsana
- Svastikāsana
- Siddhāsana
- Padmāsana

### **Unit V (Kriyas)**

**(28 hours)**

- Sūtranēti
- Jalanēti
- Kapālabhāti
- Agnisāra
- Nētra Prakṣālaṇa

### **Testing & Evaluation (if any)**

#### **Internal assessment- 40 marks**

Performance of the Yogic techniques – 20 marks, Assignments– 10 marks, Viva-10 marks.

#### **End semester examination -60 marks**

Performance of the Yogic techniques – 30 marks, Practical record writing – 10 marks, written examination-10 marks Viva 10 marks.

### **References**

#### **books**

1. BKS Iyengar, Light on Yoga ;Yoga, Schocken Book House,New York; 1979
2. Swami Dharendra Brahmachari, Yogasana Vijnana, Dharendra Yoga Publications, New Delhi; 1953.

3. Swami Satynanda Saraswati, Suryanamaskar, Bihar School of Yoga, Munger; 1983.
4. Gregor Maehle, Ashtanga Yoga. Practice and Philosophy. New age books, A-44, Naraina Phase 1, New Delh; 2008.
5. K.Pattabhi Jois, Yoga Mala ,North Point Press, 18 West 18 Streets, New York; 2010.
6. T Krishnamacharya, Yoga Makaranda, The Nector Of Yoga, Translated by Kasthubh Deshikachar, Krishnamacharya Healing & Yoga Foundation, RA Puram, Chennai; 2013
7. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya, Bihar School of Yoga, Yoga Publication Trust, Munger 2004.
8. Satyananada Sarasvati, Asana Pranayama Mudra Bandha. Yoga Publication Turst, Bihar School of Yoga, Munger, Bihar; 1989.
9. B.K.S.Iyengar, Light on Pranayama, Harper Collins, New Delhi; 1999.
10. H.R.Nagendra, Pranayama Published by SVYASA, Bangalore; 2011