

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

MYG5192 Yoga Practice II

Course Code	MYG5192	Semester	I
Course Title	<i>Yoga Practice II</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

- **Students get deep experience and expertise in the practice of various yogic techniques which are essential for Yoga therapy.**
- **Students get the experience in basic asanas, pranayamas, 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 human 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 MYG5192 Yoga Practice II

Module :

Yoga practice II includes basic asanas and basic pranayamas which are essential for therapeutic application of Yoga.

This module comprises of the following units:

Unit I

(24 hours)

- Vaidika Sūryanamaskāra
- Ardhačakrāsana
- Kaṭiparivarttanāsana
- Utthitapādānguṣṭhāsana
- Uttānāsana

Unit II

(22 hours)

- Utthita Pārśvōttānāsana
- Prasārita Pādōttānāsana

- Jānuśīrṣāsana
- Ardhabaddhpadmapaścimōttānāsana
- Tiryanmukhaikapādapaścimōttānāsana

Unit III

(22 hours)

- Ardhamatsyēndrāsana
- Gōmukhāsana
- Uṣṭrāsana
- Jaṭharaparivarttanāsana
- Pavanamuktāsana

Unit IV

(22 hours)

- Bhujāṅgāsana
- Śalabhāsana
- Dhanurāsana
- Bhēkāsana
- Soham Meditation

Unit V (Pranayamas)

(28 hours)

- Ujjāyi
- Nāḍīśuddhi
- Bhastrika
- Śīṭali,
- Śītkāri
- Bhrāmari

Testing & Evaluation

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

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, Munger2004.
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 Pubished by SVYASA, Bangalore;2011