

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

MYG 5201 Introduction to Hatha Yoga

Course Code	MYG5201	Semester	II
Course Title	<i>Introduction to Hatha Yoga</i>		
Credits	4	Type	Core

Course Description

This course is oriented to provide a knowledge based skill in the application of Yoga that enhances the employability of the student as a Yoga Therapist. The course is teaching the principles and practices Hathayoga based on classical texts. The course is discussing the method of Hatha Yoga as well as the concepts of swarayoga.

Course Outcome

- Students get knowledge in traditional hathayogic texts.
- **Students get knowledge the traditional method of practicing yogasanas , Pranayamas, Kriyas, Bandhas etc. and skill in the application of it.**
- **Students get the detailed knowledge about the ancient aspect of yoga therapy.**

Course Structure

The following is a detailed syllabus MYG 5201 Introduction to Hatha Yoga

Module

First four units are discussing Hathayoga pradeepika in detail and fifth unit discussing about principles and practice of Swarayoga

Unit I. Introduction to hatha yoga, asanas.

(12 hours)

- Relationship of HathaPradipika and Rajayoga, Greatness of Hathayoga, Hathayogi parampara, Importance of Hatha and its secrecy.
- Place for Hathayoga practice, Destructives and Constructives of yoga, Asana, Methods of Hathayoga Practice.
- Mitahara, Pathya and Apathya, Rules in food taking, Hathayoga achievements.

Unit II. Pranayamas and kriyas.

(12 hours)

- Relationship between mind and breath, significance of Pranayama, Benefits of Pranayama, Nadishuddhi Pranayama, Duration and time for Pranayama practice, Food system for during the Nadishuddhi,
- Gradation of Pranayama, Sweat and Pranayama, Significance of Pranayama, precautions for pranayama.
- Method of Shatkriyas and its benefits, Gajakarani. Method of Ashtakumbhaka and its benefits, Importance of Pranayama practice, Sahitha Kumbhaka, Kevala Kumbhaka, symptoms of Nadishuddhi, Hathayogasiddhilakshanam.

Unit III. Kundalini, mudras and bandhas.

- Kundalini as base for all Yoga. Results of Kundalini Prabodha, Synonyms for Sushumna
- Method and benefits of Mahamudra, Mahabandha, Mahavedha, Uddiyana bandha, Mulabandha, Jalandhara bandha, Viparitarani mudra.
- Nadasandhanam

Unit IV. Methods of samadhi practice in hatha yoga.

(10 hours)

- Methods of Samadhi Practice, Synonyms for Samadhi, Relation between Hathayoga and Moksha, Merging of Prana and Manas, Laya Yoga state.
- Shambhvimudra and state of mind in shambhavi mudra. Unmani mudra, Khechari mudra and state of the mind.
- Practice of Nadanusandhana, Characteristics of Nada, Stages of Nadanusandhanam, Pratyahara. Different types of Nada, Condition of Yogi in Unmani state, Realisation.

Unit V. Swara yoga

(14 hours)

- Meaning of Swara, Significance of Swara yoga, Swarajana, Subtle nature of the Nadis and Swaras.
- Eight fold Swarajana, Names and nature of Nadis and Pranas, Swara during the Lunar cycle and Solar cycle.
- Pancamahabhutas and Swara, Panchamahabhutas and physical body. Tastes and Swaras, Swara and Varnas, length of the Swaras. Panchadharana.

Testing & Evaluation

Internal Assessment - 40 marks.

Internal examination I - 15 marks, Internal examination II - 15 marks, Assignments 10

End semester examination - 60 marks

Objective type questions -10 marks, short notes – 30 marks, essay - 20

References:

1. Prof M Venkita Reddy, Hatha Rathnavali of Srinivasa Bhatta Maha Yogendra, MSR Memorial Yoga Series, Arthamuru, Andhra Pradesh; 2005
2. Sawami Diagambarji, Pt Raghunatha Shastri Kokaji, Hatha Pradeepika Of Swathmarama, SMYM Samithi Kaivalyadhama, Lonavla Maharashtra; 1970
3. Swami Maheshananda Shiva Samhitha; A Critical Edition, SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra; 2010
4. Swami Maheshananda, (2010) Vasishtha Samhitha, SMYM Samithi, Kaivalya Dhama Publications, Lonavla Maharashtra, 2010.
5. Swami Mukhtibodhananda, Hatha Yoga Pradeepika, Bihar School of Yoga, Munger, Bihar, 1998.
6. Swami Mukhtibodhananda (2008), Swara Yoga, The Tantric Science of Brain Breathing, Yoga Publication Trust, Ganga Darshan, Munger, Bihar; 2008