

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

MYG5391 Yoga Practice – V

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|--------------|------------------------|----------|------|
| Course Code | MYG5391 | Semester | III |
| Course Title | <i>Yoga Practice V</i> | | |
| Credits | 3 | Type | Core |

Course Description

This course is a participatory and experimental method for employability based skill development in Yoga Therapy. Students get deep understanding and practical experience about various yogic techniques such as yogasanas, kumbhaka, mudras, meditation. This course is enabling the students to practice the advanced yogic techniques. The course teaches all the yogic techniques which are essential for application of the yoga therapy.

Course Outcome

- Ability to practice advanced yogic techniques
- **After completing this course students get deep experience and expertise in the practice of various advanced yogic techniques which are essential for Yoga therapy.**
- **Develops the skill in the application of advanced 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 MYG3291 Yoga Practice V

Module :

Module description: Yoga practice I includes basic Asanas and Kumbhaka and Mudras which are essential for therapeutic application of Yoga.

This module comprises of the following units:

Unit I

(18 hours)

- Pādāṅguṣṭhāsana
- Parivṛta pārśvakōṅāsana
- Prasāritha pādōttānāsana II
- Viśvāmithrāsana
- Pādahrdyāsana

Unit II

(16 hours)

- Pāśāsana
- Vakrāsana II
- Paścimōttānāsana II
- Jānuśīrṣāsana II

- Ēkapādaśīrṣāsana

Unit III

(18 hours)

- Dvipādaśīrṣāsana
- Bhujapīḍāsana
- Gōrakṣāsana
- Bakāsana
- Kōkilāsana

Unit IV

(18 hours)

- Śaśānkāsana
- Ūrdhvamukhapaścimōttānāsana
- Parśāsahitasupta pādāṅguṣṭhāsana
- Nakrāsana
- Parvatasana

Unit V

(20 hours)

- Ujjaāyi Kumbhaka
- Aśvinī mudra
- Māṅḍukī mudra
- Śāmbhavīmudra
- Yōganidrā

Testing & Evaluation

Internal assessment- 40 marks

Performance of the Yogic techniques – 20 marks, Record writing – 10 marks Viva 10 marks.

End semester examination -60 marks

Performance of the Yogic techniques – 30 marks, 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 Satyananda 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