

## Yoga Practices

### Learning Outcomes:

The student teacher

1. Identifies the concept of yoga and its significance
2. realises the need of yoga in the present life situation
3. Integrates yoga and meditation in life situation
4. Acquires knowledge of the concepts of yoga and holistic health
5. Performs various asanas, mudras, bhandas correctly and knows their benefits

### Unit - I

Introduction - Meaning, Definition - Aim and objectives of Yoga - Benefits of Yogasanas - Role of yoga in Education

### Unit – II

Eight limbs of Yoga (Astanga Yoga) - 1. Yama, 2. Niyama, 3. Asana, 4. Pranayama, 5. Prathyaghara, 6. Dharana, 7. Dhyana and 8. Samadhi

### Unit - III

Importance/ Advantages of yoga - General notes for the Practitioner - Methods and Benefits of selected Asanas - Surya Namaskar.

### Unit - IV

Standing position Asanas - Sitting Position Asanas - Supine position Asanas - Prone position asanas

### Unit - V

Pranayama - Nadi Suddhi, Ujjaiyi, Seethali, Sithkari, Kapalabathi - Mudras - Chin mudra, vayu mudra, shunya mudra, prithvi mudra, surya mudra, varuna mudra, prana mudra, apana mudra, apana vayu mudra – Bandham - Jaladhara bandam, Uddyana bandam, Moola bandam.

### References:

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3. SatyanandaSaraswati, Swami (1989). *Asana, pranayama, mudra, bandha*.Munger: Bihar School of Yoga
4. Rama, Swami (1992) *Meditation and its practice*.Honesdale : Himalayan International Institute of Yoga Science and Philosophy of USA
5. Georg Feuerstein (2002) *The Yoga Tradition: Its History, Literature, Philosophy and Practice*. New Delhi. Bhavana Books & Prints.