

PART-II: PRACTICAL

COURSE-IV: PRACTICAL TRAINING IN YOGA-TEACHING PRACTICE-VIVA VOCE - PREPARATION YOGA FOR COMPETITION

1. Breathing Practices

2. Simplified Physical Exercises

3. Body Stretching Practices

4. Suryanamaskar

5. Basic Asanas

a) Standing

1) Ardhatrikonasana

2) Padahasthasana

3) Ardhatrikonasana

4) Uttkatasana

5) Ekapada Asana

b) Sitting

1) Padmasana

2) Paschimotanasana

3) Usthrasana

4) Gomukasana

5)

Ardhamatsyendrasana

c) Prone

1) Makrasana

2) Bhujangasana

3) Salabasana

4) Dhanurasana

d) Supine

1) Navasana

2) Uttanapadasana

3) Sarvangasana

4) Matsyasana

5) Halasana

6) Chakrasana

7) Shavasana

6. Advanced Asanas

Standing Asanas

1) Parivritta

Trikonasana

2) Parsvottanasana

3) Natarajasana

4) Parivritta

Parsvakonasana

Forward Bending Asanas

1) Karnapidasana

2) Ardha Baddha

Padma Paschimotanasana

3) Marichyasana

4) Prasarita

Padottanasana

Backward Bending Asanas

1) Sethu Bandha

Sarvangasana

- 2) Paryankasana
- 3) Poorna Ustrasana
- 4) Eka pada Chakrasana

2. Trataka

3. Neti

4. Dhouti

Twisting Asanas

5. Nauli

1) Vatayanasana

6. Basthi

2) Garudasana

9. Mudras

3) Bharatvaja Asana

1. Chin Mudra

4) Partritta Janu

2. Chinmaya Mudra

Sirsasana

3. Adi Mudra

Balancing Asanas

4. Brahma Mudra

1) Padma Mayurasana

5. Maha Mudra

2) Utthitha Padmasana

6. Aswini Mudra

3) Bakasana

7. Yoga Mudra

4) Urdhva Mukha

10. Meditation

Paschimottanasana

1. Practice of different Schools of Meditation

7. Pranayama

2. Silent Meditation and Introspection.

1. Kapalabhathi

2. Sectional Breathing

3. Suryabhedana Pranayama

4. Chandrabhedana

Pranayama

5. Nadishudhi Pranayama

6. Sadanta Pranayama

7. Ujjayi Pranayama

8. Brahmari Pranayama

8. Kriyas

1. Kapalabhathi

