

Division 1: Science of Yoga

Yoga in professional life. Much can be understood about our body by delving deep into the realms of yogic sciences. Yoga provides the answer in many inexplicable situations. If study of yoga is combined with study of modern medicines in learning about body and mind, new dimensions of healing can be unfolded.

Effect of yoga on:

*THE CARDIOVASCULAR SYSTEM.

*THE RESPIRATORY SYSTEM

*DIGESTIVE SYSTEM

Our body:

The body is like vehicle. Legs and hands are wheels of this vehicle of humans. Yet you are master controller of a body. Therefore, you should know the parts of the body.

Why should we practice Asanas?

As a temple is an abode of God, the body, like a temple, is the abode of soul. Therefore, we need to keep the body clean and sacred.

ASANAS:

Utthishta sthiti

Utthishta sthiti are standing asanas.

Utthitha means standing. Sthiti means position.

You will learn the following asanas of Utthitha sthiti.

Tadasana

Urdhva Hastasana.

Urdhva Baddhangulyasana

Urdhva Namaskarasana

Utkatasana

Vrikshasana.

Utthitha trikonasana.

Virabhadrasana 2.

Garudasana.

Uttanasana.

Prasarita Padottanasana.

UPAVISHTA STHITI

Upavishta sthiti means sitting asanas.

Now we are going to learn following asanas.

_ Dandasana.

_ swastikasana.

_ Virasana.

_ Siddhasana.

_ Padmasana.

_ Parvatasana.

_ Gomukhasana.

_ Upavishta konasans.

_ Baddha konasana.

_ Simhasana-1

_ Simhasana-2.

Paschimapratana Sthiti

Paschima pratana sthiti means forward bending asanas.

Paschima means back. Pratana means extension. Sthiti means position.

-Adho Mukha svanasana

-Marichyasana -1.

SUPTA STHITI ASANAS.

Supta means supine.

Now we are going to learn supine position called Matsyasana.

PURVA PRATANA STHITI.

Means backward bending asanas.

Purva means front.

Pratana means extension.

We will learn the following asanas.

Ushtrasana.

Bhujangasana.

Shalabhasana.

Makarasana

VISHRANTIKARAKA STHITI.

Means recuperative asanas. Vishranta means REST. Karaka means gives.

Now we are going to learn asanas that gives rest.

""""""SAVASANA"

DIVISION 2: Dimensions of Yoga

There are many features of each pose which have to be followed for perfect safety in practice. The yoga should bring to the body and mind an ever functioning of the physical, mental, emotional and psychological parts of being.

The body has to be kept dynamic and yet relaxed. In the Iyengar system, the performances of asanas creates certain space between spindles of nerves and skin, resulting in profound neurological relaxation. This happens only if every part of the body is put to use.

EFFECT YOGA ON.

THE RENAL SYSTEM.

THE ENDOCRINE SYSTEM.

THE NERVOUS SYSTEM.

1. Important of practice of asanas.
2. Do's and Don'ts while doing asanas.

ASANA-S.

Standing poses.

Urdhva Hastasana. 1

Urdhva Hasthasana. 2.

Utthitha hastha Padmasana.

Utthitha trikonasana.

Utthitha parsva konasana,stage 1 and 2.

Virabhadrasana 1

Prasarita Padottanasana.

Adhomukha svanasana.

FORWARD BENDS:

Paschima pratana sthiti.

Urdhva Hastha dandasana.

Padangustha dandasana.

Paschimottanasa.

Adhomukha baddha konasans.

Malasana

Marichyasana.

LATERAL EXTENTIONS:

Parivritta sthiti.

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Bharadvajasans one . Stages 1,2 and 3.

Bharadvajasans two. Stages 1, 2 and 3.

Entwining position.

Grathana sthiti :AKARNA DHANURASANA.

Supine poses:

Supta sthiti.

Supta virasana,

Matsyasana 1 and 2.

Prone positions.

Adho Mukha sthiti.

CHADURANGA DANDASANA.

Backward extention. Purva pratana sthiti.

Urdhva Mukha svanasana.

Dhanurasana.

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ALL ABOUT SURYA NAMASKARA.

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Inversions.

Viparita sthiti.

-Halasana, Adha sirsasana, Urdhva Prasarita Ekapada sirsasana.

Division 3: Pranayama

Pranayama is, apart from the physiological connotation of harmony of breath, also a psychosomatic science. It is well-known that the psyche affects the soma and vice versa. The classical example being that of stress induced peptic ulcers. Judicious use of the psyche produces a healthy soma. In pranayama, the mind and consciousness is withdrawn deep inside to the core of being. This stabilizes and optimizes all functions of the body.

Physiology of pranayama.

EFFECT of pranayama on:

CARDIOVASCULAR SYSTEM.

RESPIRATORY SYSTEM.

DIGESTIVE SYSTEM.

ENDOCRINE SYSTEM.

NERVOUS SYSTEM.

ASANAS.

Standing asanas, Utthitha sthiti.

parsvottanasa concave back.

Prasarita Padottanasana 2

Padangusthasana concave back.

Padahasthasana concave back.

Padmottanasana. Concave back.

Parighasana.

FORWARD BENDING ASANAS. Paschima pratana sthiti.

Trianga mukhiaka pada paschimottanasana.

Ardha baddha padma paschimottanasana.

Janu sirsasana.

SUPINE POSES. Supta sthiti.

Hand balancing pose.

Tolasana.

Abdominal contraction asanas.

Urdhva Prasarita padasana.

Paripurna navasana.

Ardha navasana.

LATERAL EXTENTION ASANAS.

Parivritta pratana sthiti.

Marichyasana. 3.

INVERTED ASANAS. Viparita sthiti.

Salamba sirshasana.

Salamba sarvangasana.

Karna pindasana.

Setubandha sarvangasana.

BACKWARD BENDING ASANAS. Purva pratana sthiti.

Purvottanasana.

Urdhva Dhanurasana.

Viparita dandasana

APPLICATION OF YOGA FOR Individual GROWTH.

* Asanas for stamina, speed, strength and memory.

* Asanas to become alert in the brain and agile in the body to be done in quick succession.

* Asanas to improve the memory power.

* Asanas for recovery from fatigue.

APPLICATION OF YOGA AS THERAPY FOR COMMON SICKNESS.

1 Asthma.

Causes: Allergy.

Infection.

Emotional tension

Symptoms.

Asanas for Asthma.

2. Tonsillitis: Causes.

Infection.

Sore throat and fever

Asanas for both sore throat and fever.

3. COMMON COLD.

Causes.viral infection

Bacterial infection

Allergy to dust and pollens.

Symptoms.

A stuffy nose, moderate headache, cough, feeling of chilliness, slight fever, feeling of discomfort and sore throat.

Asanas for the Common Cold.

4. Cough.

Asanas for cough.

5. Constipation.

Causes. Improper diet, nervous tension, irregular toilet habits, insufficient exercise, Symptoms.

Asanas for constipation.

5. Cramps.

6.Headache

Division 4: Yoga Therapy

A. The three important aspects in our system.

- 1) The Sequencing
- 2) The technical intricacies
- 3) Timings

B. How to develop the Subjective adjustments.

C. The three aspects in asanas.

- 1) Doing
- 2) Staying and maintaining
- 3) Coming out

D. What does it mean the "reflective state" in an asana.

E. The process of learning and consolidating.

F. How to get freedom in the body in an asana:

When your body is difficult, when you have a stiff body, you can get resistance from the mind.

You reach a point, even if you want to learn where the body becomes sensitive, it does not want more.

What does it mean? How do you have to practice to go beyond?

In following asanas:

Trikonasana

Parivrtta trikonasana

Parsvakonasana.

Parivrtta parsvakonasana.

Ardha chandrasana

Parivrtta chandrasana

Parsvottanasana.

Prasarita padottanasana

II. Yoga therapy for following conditions.

A) Cervical spondylosis, prolapsed intervertebral disc, Arthritis of knees.

B) Hyper acidity, constipation, irritable bowel syndrome, migraine.

C) High or low BP, Anxiety neurosis, sleeplessness

-----How to use the props for above conditions.

-----Art of using props varying from person to person

-----Artistic use of gravity for above all diseases

-----Asanas referring to above subject:

- * Sirsasana and its cycle
- * Sarvangasana and its cycle
- * Setu Bandha sarvangasana
- * Viparita Karani
- *forward bending poses like Janu sirsasana paschimottanasana

III.

Minimum requirements for a yoga teacher

Confronting fear while teaching yoga

The art of penetration of the mind and intelligence

Practical lessons for teachers use of bandage in asana and Pranayama

Yoga during menstruation

Yoga during following conditions.

Menrorgia, metrorgia, menstrual syndrome,

Yoga in pregnancy.

First trimester

Second trimester

third trimester

Yoga after delivery