

COURSE IN YOGA AND MEDITATION

About the Course

The course on Yoga and Meditation offers an overall view and study on Yoga and its importance in everyday life. This course offers theoretical as well as practical training to develop students' knowledge and skill in Yoga and Meditation and its usage in daily life. This course offers an in depth knowledge in history of Yoga, different aspects of Yoga, breathing techniques and its benefits, different yoga asanas and its benefits, yogic diet and mediation. This course is specially designed to learn the different aspects of Yoga with the help the help of breathing techniques and meditation.

Objectives of the Course

- To learn about the history of Yoga, its importance in ancient times and in contemporary world.
- To give students an understanding of Yoga and its nature and scope.
- To learn the theoretical aspects of Yoga and mediation.
- To understand how Yoga asanas and breathing techniques have importance physically, mentally and spiritually.
- To learn different yoga postures and breathing techniques and their physical and mental benefits.
- To attain the knowledge of mediation and its types and relevance in modern life.

Course Duration: 30 hours.

Course Syllabus

Module 1- Introduction to Yoga (6hrs)

Definition, nature and scope of Yoga-Development of Yoga through ages

5 Points of Yoga- Proper Breathing, Proper Relaxation, Proper Diet, Proper Exercise, Meditation.

Schools of Yoga- Karma Yoga, Jnana Yoga, Bhakthi Yoga, Karma Yoga, Raja Yoga and Mantra Yoga.

Module 2- Ashtanga Yoga and Breathing Techniques (4hrs)

Pathanjali's Ashtanga Yoga- Kriyas, Bandhas, Mudras-Pranayamas and Meditation

Breathing Teachniques- Kapala Bhathi, Pranayama, Yogic Breathing, Bhramari Prayama

Relaxation Techniques- Shavasana

Module 3- Practical Application of Yoga Asanas (20hrs)

Sooryanamaskara

Meditative Postures- Sukhasana, Ardhapadmasana, Padmasana, Siddhasana, Padmasana.

Relaxation Postures- Shavasana, Makarasana, Matsyakridasana

Standing Postures- Tadasana, Vrikshasana, Natarajasana, Ekapadasana, Garudasana

Sitting Postures- Bhadrasana, Virasana, Ardhamatsyendrasana, Ushtrasana, Paschimottasana, Sasankasana, Simhasana

Prone Postures- Bhujangasana, Dhanurasana, Shalabhasana

Supine Postures- Uttanapadaasana, Pavanamukthasana, Navasana, Sethubandhanasana, Chakrasana, Matsyasana

Inverted Postures- Vipareekarani Asana, Sarvangasana, Halasana

