

Tamil Nadu Physical Education and Sports University Chennai

Directorate of Distance Education

Department of yoga

Name of the course	Certificate course in Yoga Education
Eligibility	10 th Passed
Stream	Distance Education
Duration	6 months
Medium	English
Attendance	Minimum 80%
Year	2016 – 17 onwards

Table

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METHODS OF YOGIC PRACTICES

Unit I: Loosening the joints

Surya Namaskar: for children (10 steps)

Bihar School of yoga model

Vivekananda Kendra Model

Unit II: Asanas: Vrksasana, Trikonasana, Padahasthasana, Ushtrasana, Sirshasana, Halasana, Sravangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Nowhasana, Siddha yoniasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Kukutasana, Padmasana, Vajrasana, Siddhasana, Savasana, asana, Siddha Yoni Asana, Kukutasana, Shasangasana

Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutranti

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

- Mantra Meditation, Yoga nidra, Vipasana Meditation, Rajayoga meditation, Trataka Meditation, IRT, QRT, DRT, Chakra Meditation

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METHODS OF YOGIC PRACTICES

Unit I: Loosening the joints

Surya Namskar: for children (10steps)

Bihar School of yoga model

Vivekananda Kendra Model

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Unit III: Pranayama

Yogic Breathing

Kapalbhati, Bhramari

Ujjayi, Sheetali, Sheetkari, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutraneli

Bandhas

Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras

Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra, Bhairavi mudra, bhairavi mudra, Shanmuki mudra, Vipareeta karani Mudra, yoga mudra, ashwini mudra, nasiga mudra

Unit V: Meditation

Mantra Meditation, Yoga nidra, Vipasana Meditation, Rajayoga meditation, Trataka Meditation, IRT, QRT, DRT, Chakra Meditation

References

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2. Sivananda Saraswathi Swami (1934) Yoga asanas Madras: My Magazine of India
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12. Satyananda Saraswathi Swami (2007) Meditations from Thitantras. Murgar: Yoga Publications Trust

YOGIC PRACTICES

Practical

Unit I: Loosening the joints

Suryanamaskar: Bihar School of yoga model, Vivekananda Kendra Model

Unit II: Asanas

Vrkshasana, Trikonasana, Padahastasana, Ushtrasana, Sirshasana, Halasana, Sarvangasana, Mastyasana, Bhujangasana, Salabhasana, Dhanurasana, Navasana, Ardha Matsyendrasana, Paschimottanasana, Baddha Konasana, Padmasana, Vajrasana, Siddhasana, Savasana, Siddha Yoni Asana, Kukutasana, Shasangasana

Unit III: Pranayama

Yogic Breathing, Kapalbhata, Bhramari, Ujjayi, Sheetali, Bhastrika, Nadi Shodhana

Unit IV: Kriyas

Jalaneti, Sutraneiti, Bandhas, Jalandhara Bandha, Moola Bandha, uddiyana Bandha

Mudras, Chin mudra, chinmaya mudra, adi mudra, Brahma mudra, Bhairava mudra,

Bhairavi mudra. Shanmuki mudra. Vipareeta karani mudra. yoga mudra. ashwini mudra. nasiga mudra

Unit V: Meditation

Mantra Meditation. Yoga nidra. Vipasana Meditation. Rajayoga meditation. trataka Meditation. IRT. QRT. DRT. Chakra Meditation

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