

BASIC YOGA ASANAS SYLLABUS

For

Yoga Training Programme, Ramananda College

In Collaboration with
Mallabhum Yoga Centre

:PRACTICAL:

1. WARMUP EXERCISE:-

- I. JOGGING
- II. LIFTUP
- III. TOE ROTATION
- IV. SIDE BENDING
- V. SIDE CROSSING
- VI. WAIST ROTATION
- VII. SHOULDER ROTATION
- VIII. WRIST ROTATION
- IX. NECK ROTATION

2. STANDING ASANAS:-

- I. ARDHA CHANDRASANA ,
- II. ARDHA KATI CHSKRASANA
- III. TADASANA
- IV. VRKSHASANA
- V. PADA HASTASANA
- VI. TRIKONA ASANA

3. SITTING POSTURES:-

- I. BHADRASANA
- II. VAJRASANA
- III. ARDHA USTRASANA
- IV. USTRASANA
- V. SASAKASANA
- VI. UTTANA MANDUKASANA
- VII. VAKRASANA

3. PRONE POSTURES:-

- I. MAKARASANA
- II. BHUJANGASANA
- III. SALABHASANA
- IV. SETUBANDHASANA
- V. UTTANA PADASANA
- VI. ARDHA HALASANA
- VII. PAVANA MUKTASANA

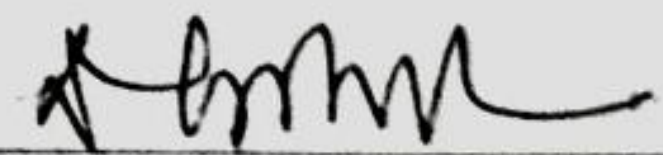
4. PRANAYAMA:-

- i. KAPALABHATI
- ii. ANULOM VILOM PRANAYAMA
- iii. SITALI PRANAYAMA
- iv. BHRAMARI PRANAYAMA
- v. MEDITATION

5. SURYA NAMASKAR

THEORY

1. BENEFITS OF ARDHA CAKRASANA,
2. BENEFITS OF TADASANA,
3. BENEFITS OF VRKSASANA,
4. BENEFITS OF BHADRASANA,
5. BENEFITS OF PADA HASTASANA,
6. BENEFITS OF TRIKONA ASANA,
7. BENEFITS OF KAPALABHATI,
8. BENEFITS OF ANULOM VILOM PRANAYAMA,
9. BENEFITS OF BHRAMARI PRANAYAMA,
10. BENEFITS OF SURYA NAMASKAR,
11. BENEFITS OF MEDITATION.



President Signature

President
Mallabhum Yoga Centre
Boltola, Bishnupur, Bankura

