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Foundation of Yoga and Meditation-1

Unit-I

(Fundamentals of Yoga)

- 1.1 Yoga: Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga: its origin, history and development.
- 1.3 Ashtanga Yoga (Yama, Niyam, Asana, Pratyahara, Dharna, Dhyana, Samadhi)
- 1.4 Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga

Unit-II

(Fundamentals of Meditation)

- 1.1 Introduction to Meditation
- 1.2 Basic principles of meditation. Principles of Hatha Yoga

Practical I

1. Yogasana

1.1 Standing Asana: Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhchakrasna, Padhastanasana, Ashwasinasana

1.2 Sitting Asana: Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, Shasankasana, Gomukhasana, Mandukasana, Bhadrasana, Singhasana

1.3 Prone Lying Asana: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana

1.4 Supine Lying Asana: Pawanmuktasana and its variation, setubandhasana, sarvangasana, Ardhalasana, Uttanpadasana, Halasana, Naukasana, Cakrasana, Markatasana, Shavasana.

2. Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskar

2.1 Yogic Sukshma Vyayama

2.2 Yogic Sthula Vyayama

2.3 Surya Namaskara

3. Practices leading to Meditation

3.1 Pranav and Soham Japa

3.2 Yoga Nidra

### 3.3 Chakra Meditation

### 3.4 AjapaDharana

### 3.5 Om Meditation

#### Text and References

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2. Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati. Publisher: Yoga Publication Trust,

Munger, Bihar, India

3. Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga by Swami Vivekananda
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5. Hatha Yoga by Swami Sivananda. Publisher: The Divine Life Society, Uttarakhand, India
6. GherandaSamhita by Swami NiranjananandaSaraswati. Publisher: Yoga Publication Trust, Munger, Bihar,

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