



Hathayoga Pranit Advance Pranayama Course

A. Course Syllabus :-

1. Prayer – Prayer, Gayatri 11 times, Omkar 3 times
2. Sukhshma Vyayam :-
 - a. Brahma Mudra, Neck, shoulder, hands, Knee, legs
3. Shuddhikriyas :-
 - a. Jaldhouthi, Danda Dhouthi, Vastra Dhouthi, Vyaghra Kriya
 - b. Jalneti, Sutra Neti, Vyutkram, Sheetkram
 - c. Ganesh Dhouthi
 - d. Ashwini Mudra, Moolbandh
 - e. Pranakarshan Kriya
 - f. Naman Mudra, Yoga Mudra 2 types
 - g. Kapalbhati
 - h. Ujjayi 4 types
 - i. Shitkari, Sheetali, Vayusar
 - j. Tadagi Mudra, Agnisar
 - k. Uddiyan kriya
 - l. Tratak

4.Yogasanas: -

SR	1. Postures in the Supine Position	SR	2.Postures in the Prone Position
1.	Utthita Padasana	1.	Shalabhasana
2.	Pavanamuktasana	2.	Bhujangasana
3.	Sarvangasana 16 asanas	3.	Naukasana
4.	Matsyasana	4.	Utthitapadkativakrasana (kaichi)
5.	Viprit Matsyasana	5.	Dhanurasana
6.	Tadagi	6.	Shwanasana
7.	Kandharasana	7.	Marjarasana

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8.	Chakrasana	8.	Makarasana
9.	Ardha Chakrasana		
10.	Shavasan		

SR	3.Postures in the Sitting Position	SR	4.Postures in the Standing Position
1.	Ushtrasana	1.	Tadasana
2.	Akarnadhanurasana	2.	Utkatasana
3.	Paschimottanasana	3.	Padangusthasana
4.	Bhunamanasana	4.	Garudasana
5.	Ardha Matsyendrasana	5.	Shankha Prakshalana 4 asanas
6.	Gomukhasana	6.	Surya Namaskar 8,10,12 postures
7.	Vajrasana		
8.	Supta Vajrasana		
9.	Simhasana		
10.	Utthita Padmasana		
11.	Padmasana		
12.	Swastikasana		
13.	Siddhasana		
14.	Padmasana		

SR	5.Advanced Yogasanas Postures
1.	Vrukshasana
2.	Purvottanasana
3.	Trikonasana
4.	Bhoonamanasana
5.	Padma Tolasana
6.	Januasana
7.	Supta Vajrasana
8.	Simhasana
9.	Bhadrasana
10.	Vipareet Matsyasana

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11.	Vatayanasana
12.	Chatakasana
13.	Siddhasana
14.	Parvatiasana
15.	Sadhu Kubadi
16.	Garbhasana

1. PRANAYAMA –

(A) Ashta Pranayama:-

(With Pooraka : Antar Kumbhaka : Rechaka : Bahya Kumbhaka)

1. Deep inhale and exhale 1:2, 1:3
2. Anulom Vilom– 1:2, 1:3
3. Nadi Shodhana Pranayama– 1:2:2:1, 1:3:2:1, 1:4:2:1
4. Ujjayi Pranayama – 1:4:2:1
5. Sheetkari Pranayama - 1:4:2:1
6. Shitali Pranayama - 1:4:2:1
7. Bhastrika Pranayama 3 Types - 1:4:2:1
8. Plavini Pranayama 2 Types -1:4:2:1
9. Bhramari Gunjan – 1:2
10. Bhramari Pranayama with Shanmukhi Mudra - 1:4:2:1
11. Murchha Pranayama - 1:4:2:1
- 12 . Gayatri Mantra Japa Pranayama - 3 types – 1:2, 1:2, 1:2:2

(B) NATUROPATHIC PRANAYAMA :-

1. Pranayama for enhancing overall strength
2. Pranayama for eliminating Cold, Cough and Phlegm
3. Pranayama for warding off unnecessary heat in the body
4. Pranayama for warding off fatigue & rejuvenation of the body
5. Pranayama for practise and preservation of celibacy
6. Pranayama that helps in bestowing total health.

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FOUNDER:

HATHAYOGI SHRI NIKAM GURUJI

7. Pranayama for warding off weakness of the heart and the disorders of the throat
8. Pranayama for warding off internal weakness and heart palpitations.
9. Pranayama for increasing the supply of blood to the heart
10. Gayatri Mantra Japa Pranayama
11. Omkar Samooha (Group Japa) Pranayama

2. Bandh Mudras :-

1. Yoga Mudra
2. Maha Mudra: The Great Mudra
3. Maha bandh: The Great Lock
4. Maha Vedha: The Great Piercing Mudra
5. Khechari Mudra: Tongue Lock (Only Information)
6. Uddiyana Bandh: (Abdominal – Retraction Lock)
7. Moolabandha: The Root Lock (The Perineum Retraction Lock)
8. Jalandhara Bandha
9. Viparitakarani Mudra: Inverted Mudra
10. Vajroli Mudra: Thunderbolt Mudra (Only Information)
11. Shaktichalini Mudra

3. Practices leading to Sadhana; -

1. Pranakarshana
2. Deep Breathing
3. Soham Sadhana
4. Omkar
5. Omkar Laghulahri
6. Adhyatmika Kapalbhathi
7. Anulom-Vilom Kapalbhathi

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B. Detailed in person hours for Hathayoga Pranit Advance Pranayama Course –

Course	Theory Hrs	Practical Hrs	Total Hrs
Total no. of hours upto successfully completion of Hathayoga Pranit Pranayama course	62	577	639
During The Course of one year :-			
One-year seva at Traimasik 120 x 1		120	120
Training at Advance Pranayama course		24	24
Total	62	721	783

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