



## ADVANCE YOGASANAS PRACTICE

### A. Course Syllabus –

- **PRAYER** – Prayer, Gayatri 11 times, Omkar 3 times
- **SUKSHMA VYAYAM** – Brahma Mudra -Neck, Eyes, shoulders, hands, waist, legs, Toes, Ankle, Stretching, Cycling
- **SHATKARMA / SHUDDHIKRIYAS** –
  1. Jal Dhauti,
  2. Jal Neti
  3. Naman Mudra, Yoga Mudra (2 types)
  4. Kapalbhati
  5. Ujjayi 4 types
  6. Agnisar
  7. Uddiyan Kriya
  8. Nauli (4 types)

### • YOGASANAS:-

SR	1. Postures In The Supine Position	SR	2. Postures In The Prone Position
1.	Utthita Padasana	1.	Shalabhasana
2.	Pavan Muktasana	2.	Bhujangasana
3.	Sarvangasana 16 asanas	3.	Naukasana
4.	Matsyasana	4.	Utthitapadkativakrasana (kaichi)
5.	Kandharasana	5.	Dhanurasana
6.	Chakrasana	6.	Shwanasana
7.	Ardha Chakrasana	7.	Marjarasana
8.	Shavasana	8.	Makarasana

### : MANAGING COMMITTEE :

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Dr. Raghunandan Athalye

Smt. Laxmi Sutar

Shri. Prakash Pawar



FOUNDER:

HATHAYOGI SHRI NIKAM GURUJI

SR	3.Postures In The Sitting Position	SR	4.Postures In The Standing Position
1.	Ushtrasana	1.	Tadasana
2.	Akarnadhanurasana	2.	Utkatasana
3.	Pashchimottanasana	3.	Padangusthasana
4.	Bhunamanasana	4.	Garudasana
5.	Ardha Matsyendrasana	5.	Shankh Prakshalan 4 asanas
6.	Gomukhasana	6.	Surya Namaskara 8,10,14 postures
7.	Vajrasana		
8.	Simhasana		
9.	Utthita Padmasana		
10.	Padmasana		
11.	Swastikasana		
12.	Siddhasana		

SR	5.Advanced Yogasanas Postures	SR	Advanced Yogasanas postures
1.	Nadishodhan	21.	Mrigasana
2.	Supta Shalabhasana	22.	Vatyanasana
3.	Supta Bhujangasan	23.	Chatakasana
4.	Supta Garbhasana	24.	Gorakshasana
5.	Nadi Shodhana	25.	Kandapeedasana 3 types
6.	Prishtavalita Hanumanasana	26.	Parvatiasana
7.	Merudanda Vakrasana	27.	Vikatasana
8.	Kapotanasana	28.	Natarajasana
9.	Ardh Dhanu Ardh Naukasana	29.	Veery Astambhanasana
10.	Mayurasana	30.	Kalyanasana
11.	Padma Mayurasana	31.	Shirsasna 3 Types
12.	Bhoonamanasana 3 types	32.	Vrikshasana Viparit karani 2 types
13.	Ekapada Shirasana Tolasana	33.	Vipareet Mayuri Asanas
14.	Hansasana 2 Types	34.	Janu Asanas
15.	Pakshasana	35.	Viparita Mayurasana
16.	Padma tolasana	36.	Padma Mayurasana
17.	Bakasana 2 Types	37.	Vipareeta Karni

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18.	Kachhapasana	38.	Vipareeta Matsyasana
19.	Hanumanasana	39.	Angustha Tolasana
20.	Supta Ushtrasana	40.	ArdhPadmasana Ekpada shirsasan

SR	5.Advanced Yogasanas Postures	SR	Advanced Yogasanas postures
41.	Mandukasana	48.	Pawan Muktasana Rolling
42.	Danda	49.	Padmasana Variations
43.	Hanuman Dand	50.	Paschimottanasana Variation
44.	Dronasana	51.	Poorna Matsyendrasana
45.	Halasan Rolling	52.	Ladasana
46.	Supt Dhanurasana	53.	Supta Vajrasana
47.	Vipreet Matsyasana	54.	Baddha Padmasana

## B. Details of in person hours for Advance Yogasana Practice -

	Course	Contact Hours Of theory	Contact Hours Of Practical	Total No. Of Hours
1.	Traimasik - Basic Yoga course	6	24	30
2.	Advance Yogasana Practice 2 x12		24	24
	<b>Total</b>	<b>6</b>	<b>48</b>	<b>54</b>

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