



## Hathayoga Pranit Pranayama Course

### A. Course Syllabus: -

- **PRAYER** – Prayer, Gayatri 11 times, Omkar 3 times
- **SUKSHMA VYAYAM** – Brahma Mudra – Neck, shoulders, hands, legs
- **SHATKARMA / SHUDDHIKRIYAS** –
  1. Jal Dhauti, Danda Dhauti, Vastra Dhauti
  2. Jal Neti, Sutra Neti, Vyutkrama, Sheetkrama
  3. Ganesh Dhauti
  4. Ashwini Mudra
  5. Mool Bandha
  6. Pranakarshan Kriya
  7. Naman Mudra, Yoga Mudra (2 types)
  8. Kapalbhati
  9. Ujjayi 4 types
  10. Shitkari, Sheetali, Vayusar
  11. Vyaghra Kriya
  12. Tadagi Mudra,
  13. Agnisar & Uddiyan Kriya
  14. Nauli (4 types)
  15. Trataka
  16. Mahashankha Prakshalana
- **PRANAYAMA** –With Ratio - (Pooraka: Antar Pooraka: Pooraka: Bahya Kumbhaka)
  1. Deep inhale & exhale – (1:2), (1:3)
  2. Anulom Vilom – (1:2), (1:3)
  3. Nadi Shodhan 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)

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9. Bhramari Gunjan – (1:2)
10. Bhramari Pranayama with Shanmukhi Mudra – (1:4:2:1)
11. Gayatri Mantra Japa Pranayama, (3 types) – (1:2), (1:2), (1:2:2)
12. Omkar Samooaha Japa Pranayama

• **BANDHA MUDRA – With Ratio (Pooraka: Antar Pooraka: Pooraka: Bahya Kumbhaka)**

1. Yoga Mudra – (1:4:2:1)
2. Maha Mudra – (1:4:2:1)
3. Maha Bandha – (1:4:2:1)
4. Maha Vedha Mudra – (1:4:2:1)
5. Shakti Chalini Mudra – (1:4:2:1)
6. Viparita Karani Mudra
7. Khechari Mudra
8. Vajroli
9. Uddiyana Bandha
10. Moola Bandha
11. Jalandhara Bandha

• **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.  | Viprit Matsyasana                  | 5. | Dhanurasana                       |
| 6.  | Tadagi                             | 6. | Shwanasana                        |
| 7.  | Kandharasana                       | 7. | Marjarasana                       |
| 8.  | Chakrasana                         | 8. | Makarasana                        |
| 9.  | Ardha Chakrasana                   |    |                                   |
| 10. | Shavasana                          |    |                                   |

| SR | 3. Postures In The Sitting Position | SR | 4. Postures In The Standing Position |
|----|-------------------------------------|----|--------------------------------------|
|----|-------------------------------------|----|--------------------------------------|

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**FOUNDER:****HATHAYOGI SHRI NIKAM GURUJI**

|     |                      |    |                                 |
|-----|----------------------|----|---------------------------------|
| 1.  | Ushtrasana           | 1. | Tadasana                        |
| 2.  | Akarnadhanurasana    | 2. | Utkatasana                      |
| 3.  | Paschimottanasana    | 3. | Padangusthasana                 |
| 4.  | Bhunamanasana        | 4. | Garudasana                      |
| 5.  | Ardha Matsyendrasana | 5. | Shankh Prakshalan 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 | SR  | Advanced Yogasanas postures    |
|-----|-------------------------------|-----|--------------------------------|
| 1.  | Nadishodhan                   | 21. | Mrigasana                      |
| 2.  | Supta Shalabhasana            | 22. | Vatayanasana                   |
| 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 2ty |
| 13. | EkapadaShirasana Tolasana     | 33. | Vipareet Mayuri Asanas         |
| 14. | Hanasasana 2 Types            | 34. | Janu Asanas                    |
| 15. | Pakshasana                    | 35. | Viparita Mayurasana            |
| 16. | Padmatolasana                 | 36. | Padma Mayurasana               |
| 17. | Bakasana 2 Types              | 37. | Vipareeta Karni                |
| 18. | Kachhapasana                  | 38. | Vipareeta Matsyasana           |

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|     |                  |     |                                |
|-----|------------------|-----|--------------------------------|
| 19. | Hanumanasana     | 39. | Angustha Tolasana              |
| 20. | Supta Ushtrasana | 40. | ArdhPadmasana Ekpada shirsasan |

• **Theory Topics: -**

1. Prana, Pranayama – Meaning, Definition, elements, importance, significance in Yoga Sadhana and its effects.
2. Elements of the human body
3. Aahar
4. General introduction to Shad Darshana
5. Brief introduction to Nath Pantha – Guru–Shishya Parampara, their principles and theory for the upliftment of society
6. Bahiranga Sadhana of Maharshi Patanjali – Yama, Niyama, Asana, Pranayama, Pratyahara
7. Antaranga Sadhana of Maharshi Patanjali – Dhyana, Dharana, Samadhi: meaning, definition, and briefs.
8. Hatha Yoga – meaning, definition, and objectives
9. Shatkarma – meaning, types, principles, and their significance in Pranayama Sadhana
10. Concept and principles of Asanas in Yoga Sadhana – meaning, definition, types, and their significance
11. Surya Namaskar with 8, 10, and 12 postures
12. Introduction to Bandha and Mudra – meaning, definition, and their significance after Pranayama Sadhana
13. Concept of Shwasa–Prashwasa, Vayu, Panch Prana, Upa Prana, Shat Chakra, and Nadis
14. Distinction between various paths of Yoga
15. Concept of Chitta and Mana
16. Gayatri Mantra narrative – Mantra Japa, Gayatri Dharana (detailed meaning), Gayatri Dharana
17. Omkar Meditation – meaning, techniques, and their significance in daily Yoga Sadhana & Pranayama

**B. Detailed In Person Hours Of The Course**

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| Sr. No | Hathayoga Pranit Pranayama Course  |                         |                            |                    |
|--------|--|-------------------------|----------------------------|--------------------|
|        | Course   | Contact Hours Of theory | Contact Hours Of Practical | Total No. Of Hours |
| 1.     | Traimasik - Basic Yoga course  | 6                       | 24                         | 30                 |
| 2.     | Traimask - 3 times repeat  | 18                      | 72                         | 90                 |
| 3.     | One Year Seva after 3 Repeat 120 x 1   |                         | 120                        | 120                |
|        | <b>During the Course of two years:-</b>  |                         |                            |                    |
| 4.     | Two Years Seva at Traimasik at the time of Hathayoga Pranit Pranayama course 120 x 2 |                         | 240                        | 240                |
| 5.     | First Year Training at Hathayoga Pranit Pranayama course                             | 21                      | 64                         | 85                 |
| 6.     | Second Year Training at Hathayoga Pranit Pranayama course                            | 17                      | 57                         | 74                 |
| 7.     | <b>TOTAL</b>   | <b>62</b>               | <b>577</b>                 | <b>639</b>         |

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