



TRAIMASIK COURSE

A. Syllabus-

1. Prayer

Prayer. Gayatri Mantra (11 times), Omkar (3 times)

2. Sukshma Vyayama

Brahma Mudra (neck, shoulders, hands, legs), Cycling

3. Shatkarma / Shuddhi Kriyas

- Jal Dhauti,
- Jal Neti,
- Ganesh Dhauti
- Ashwini Mudra
- Mool Bandha
- Pranakarshan Kriya
- Naman Mudra, Yoga Mudra (2 types)
- Kapalbhati
- Ujjayi (3 types) , Bhastra Ujjayi
- Sheetkari, Sheetali, Vayusar
- Vyaghra Kriya
- Tadagi Mudra, Agnisar
- Uddiyan Kriya
- Trataka
- Shankha Prakshalan

4. 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 postures	3.	Naukasana
4.	Matsyasana	4.	Utthitapadkativakrasana (kaichi)
5.	Kandharasana	5.	Dhanurasana
6.	Chakrasana	6.	Shwanasana
7.	Shavasana	7.	Marjarasana

: MANAGING COMMITTEE :

President
Shri. Manohar Deshmukh

Vice-President
Shri. Anant Kulkarni

Gen. Secretary
Shri. Ramchandra Surve

Asst. Secretary
Shri. Sunil Kulkarni

Treasurer
Shri. Dinesh Ranade

Members

Smt. Seema Vaidya

Shri. Madhav Deshpande

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	Paschimottanasana	3.	Surya Namaskar
4.	Ardha Matsyendrasana		
5.	Gomukhasana		
6.	Vajrasana		
7.	Padmasana		

Note :- Yogic Kriyas & Yogasanas are advised as per the health condition of the sadhaka.

5. Theory Lectures –

1. Introduction of Yoga & Instructions to be followed in daily routine
2. Importance of prayer
3. Aahar (Diet)
4. Omkar
5. Gayatri
6. Yama-Niyama

B . Details of in person hours for Traimasik course -

	Course	Contact Hours Of theory	Contact Hours Of Practical	Total No. Of Hours
1.	Traimasik - Basic Yoga course	6	24	30

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