

**Introduction to The Science of Yoga,
Pranayama and Meditation.**

30 Hours Course

(10 hrs Theory and 20 hrs Practice)

Introduction to The Science of Yoga, Pranayama and Meditation.

Course Objectives:

- ☞ Learn simple and basic Yoga Asana, Pranayam, meditation with scientific method.

- ☞ Learn Sitting and Standing Postures.

- ☞ Explanation of asana with alignment.

Course Outcomes :

- ☞ Stress management and concentration improvement.

- ☞ Improve flexibility and strength of muscle and joints.

- ☞ Improves emotional stability , mind control and peace of mind.

Disclaimer: In a particular case that you may require diagnosis or medical attention, consult your health care provider before practicing Yoga. The institute does not assume any responsibility or liability for any injury or loss that may result from practicing Yoga.

Contents:

UNIT-I

- (i) Origin of Yoga & its brief development.
- ii) Meaning of Yoga & its importance
- iii) Meaning of meditation

UNIT- II

- i) Classification of Yoga/Types Cof Yoga
- ii) Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga.
- iii) Ashtanga Yoga.

UNIT -III

- i) Principles of Yogic Practices.
- ii) Meaning of Asana, its types and principles.
- iii) Meaning of Pranayama, its types and principles.

UNIT -IV

- i) Meaning and importance of prayer.
- ii) Psychology of mantras.
- iii) Practical Demonstration of Asanas

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