



MAHAYOGI GORAKHNATH

MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

Head Office – Agaganj – Tikri – Ayodhya Uttar Pradesh - 224195

Email: mgmpysb@gmail.com Website: www.mgmpysb.org

45 Days Yoga Course Syllabus

Yoga Philosophy

Yoga philosophy is the foundation of our yoga practice and is the key to earn Yogic strength.

yoga philosophy –

- Introduction and definition to yoga and its philosophy
- Introduction to yoga sutra
- Panchkosh
- Triguna
- Tree Dosha
- Introduction to chakras and their functions
- Lives of yogis and their diet and nutrition

Pranayama

Pranayama is a Sanskrit word alternatively translated as “extension of prana (breath or life force)” or “breath control”. The word is composed from two Sanskrit words: prana meaning life force and either ayama (to restrain or control the prana).

Pranayama –

- Breathing Techniques
- Yogi Breathing Techniques
- Nadishodhan
- Sitali
- Bastrika
- Bhramari
- Kapal Bhati
- Anulom-Vilom

Yoga Practices (Hatha)

Sanskrit word **Hatha** means “force” and thus alludes to a system of physical techniques.

Hatha Yoga (For Beginners Also)

- Surya namaskar
- Padmasana
- Gomukhasana
- Matsyendraasana
- Pakchimotanasna
- Vrikshasana
- Bhujangasana
- Chakrasana
- Dhanurasana
- Naukasana
- Shalabasana
- Sarvangasna
- Ustrasana
- Halasana
- Sarvangasana
- Parshvakonasana
- Shirshasana
- Veerbhadrāsana

Shatkarm

Shatkarma also known as Shatkriya refers to yogic practices involving purification of the body.

Shatkarma-

- Neti – Rubber, Jal
- Kapalbhati
- Tratak

Meditation

Meditation is a practice where an individual uses a techniques – such as mindfulness, or focusing their mind on a particular object, thought or activity to train attention and awareness and achieve a mentally clear and emotionally calm.

Meditation with the help of –

- Music – Om dhwani (om sound)
- Relaxation
- Instructions – Paying attention to the breath
- Mantra – Jap

Bandh and their Techniques

Bandha means to lock, close off, to stop. In a practice of bandha, the energy

flow to a particular area of the body is blocked.

Bandha –

- Jalandhar bandha
- Uddyan bandha
- Mool bandha

Mudras and their Techniques

Mudra is a symbolic, ritualistic gesture used in yoga. The word Sanskrit meaning “gesture”, “mark” or “seal”. Mudras are also known as hand positions in yoga and meditation, which are believed to affect the flow of energy in the body and unblocked chakras.

Mudra –

- Shambhavi mudra
- Kaki mudra

Hand Mudras –

- Prana mudra
- Gyan mudra
- Linga mudra
- Chinmaya mudra

Bharatvarsh