



**BHARATHIDASAN UNIVERSITY,
TIRUCHIRAPPALLI - 620 024**

(Accredited With A+ Grade By NAAC In The Third Cycle)

**Department Of Physical Education And Yoga
Bachelor Of Physical Education (B.P.Ed)**

CC-YOGA EDUCATION(21BPE21)

**Sem-
II**

Credit-4





UNIT-II
ASANAS

ASANAS

Asana means posture we are giving all possible movements in the body by making our body into different posture and hold on that posture for some time, then relax the whole body flexibility in the body.

Core Principle of Asana:

- 1) Asana practice should be steady and comfortable
- 2) Asana practice should emphasis the spine.
- 3) Asana practice should be adapted for a specific goal
- 4) Asana practice should precede intelligent, orderly steps (Vinyasa Krama)
- 5) Asana practice should use the breath to integrate the body and mind
- 6) Asana practice should use the breath to adapt posture
- 7) Asana practice should use the breath for feedback.

Pranayama principles .

Nadis

- Ida Left Nostril Breath
- Pingala Right Nostril Breath
- Sushumna Meeting place of two nadis

Breath

- Inhalation Puraka
- Suspension Kumbhaka
- Exhalation Rechaka

Bandhas

- Jalendra Bandha chin lock
- Mula bandha Anus lock
- Uddiyana bandha Abdominal lock

Sl No	Level	Inhalation	Suspension	Exhalation
1	Beginner	5 sec	5 sec	5 sec
2	Intermediate	5 sec	10 sec	10 sec
3	Advanced	5 sec	20 sec	10 sec

The Six Principles Of Meditation

The First Principle: No Recollection

When you sit down to meditate, you will definitely be hit by thoughts and memories of the past. Do not pursue them. There should be no recollection. Simply and gently shift your attention away from past memories.

The Second Principle: No Calculation

Sometimes, we are neither pursuing a thought nor thinking of the past, but we are calculating. It could be something as simple as “Will I ever get to that particular stage of meditation, if I meditate for an hour a day?” Or “How long will it take me to get to that stage?” The mind is always calculating. So remember, no calculation, no recollection

The Third Principle: No Imagination

- When you are meditating, simply be in the present moment. If you are listening to your breath, then simply listen to your breathing. If you are meditating on sound, listen to or simply recall the mantra. If you are meditating on a particular form, then visualize the form. If you are meditating on the formless, then simply sit thoughtless. Do not imagine what may happen in the future. Imagination is what happens when we create a scenario in our head about the future and keep thinking about it.

The Fourth Principle: No Examination

- Do not analyse your thoughts. Examination happens when a thought of the past comes to you, and you start thinking; “Why did this happen to me? What did this person really mean when s/he said that to me or did that to me?” Or, you may start examining from where this thought is coming, where it is going, or where it is ending? Do not do any of that.

The Fifth Principle: No Construction

- Do not try to create an experience. It is one of the greatest mistakes a lot of meditators make. When you meditate, sometimes you are going to experience a lot of beautiful things. They could be other streams of consciousness, some fragrance, or feelings. A lot of meditators aim for the same experience again and again. That is a grave mistake. Do not construct. Just be a witness to any experience you may gain at that point of time.

The Sixth Principle: No Digression

- Do not wander. Simply stay in the present moment. When your mind goes in one direction, bring it back. When it goes in another direction, bring it back again. Never get angry with your own mind. Simply be at peace.

MEDITATIVE ASANAS

Padmasana Procedure

STAGE 1 :

- Slowly bring the right leg and place it on the left thigh. The heel on the right foot should as much as possible touch the groin.

STAGE 2 :

- Slowly bring the left leg and place it on the right thigh. The heel of the left foot should as much as possible touch the groin. If you are not able to perform this stage, just fold the left thigh and place under the right leg at the initial practise. After a few days, or few weeks of practice, you can perform it properly.

STAGE 3 :

Keep the hand straight and rest them on your knees. Touch the thumb with your index finger, and spread out the other finger close to each other thus forming CHIN MUDRA

General benefits:

1. PADMASANA is used for meditation, prayer and for pranayama practice.
2. It develops the physical and mental stability.
3. It relieves the stiffness of joints particularly knee and guards from Rheumatism.
4. This asana helps for the prayer to obtain mental control
5. Padmasana keeps a person young.

VAJRASANA

Procedure:

1. Bring the right leg side ward, and then sit on the right heel.
2. Bring the left leg side ward and then sit on the heel.
3. Place the hands on the knees with palms facing down wards.

General Benefits

1. Vajrasana strengthens the thigh and calf muscles.
2. It develops physical and mental stability.
3. It is used for prayer pose of the Muslims and the meditation pose of the Japanese Buddhists.
4. Vajrasana is used for meditation, prayer, worship and pranayama practice.
5. It relieves the stiffness of joints particularly at knee, hip and ankle.

CULTURAL ASANAS

Dhanurasana procedure

Stage 1 :

- Gently fold the right leg at knee and hold the ankle with the right hand.

Stage 2 :

- Slowly fold the left leg at knee and hold the ankle with the left hand.

Stage 3 :

- Raise the head, chest and thighs as high as possible by gradual application of force on the hands and legs.

Stage 4 :

- Raise the body and make a perfect back arch on the vertebral column as much as possible.

GENERAL BENEFITS :

1. Dhanurasana loosens the spinal column.
2. It will strengthen the back and abdomen muscles.
3. It develops the balancing power in the body.

HALASANA PROCEDURE

STAGE 1 :

- Raise the leg slowly up to 90 degree and hold them in the position for a few seconds. Raising the legs which straight and together.

STAGE 2 :

- Gently lower the legs behind the head until the toes are touching the ground.

STAGE 3 :

- Extend the feet a little further behind the head with toes pointing outwards.

GENERAL BENEFITS:

- 1. Halasana is extremely beneficial to the spinal column.
- 2. Developed the memory and concentration power.
- 3. It will reduce the excess fat at the stomach region.

Steps to perform Surya Namaskar:

- Pranam Asana (The Prayer pose)
- Hastha Utanasana (Raised arm pose)
- Padahastasana (Standing forward bend)
- Ashwa Sanchalanasana (Equestrian pose)
- Santholanasana (Plank Pose)
- Ashtanga Namaskar Asana (Eight limbed salutation)
- Bhujangasana (Cobra pose)
- Adho Mukha Svanasana (Downward dog pose)
- Ashwa Sanchalanasana (Equestrian pose)
- Padahastasana (Standing forward bend)
- Hastha Uthanasana
- Pranam Asana

Benefits of Surya Namaskar:

- Helps with weight loss
- Strengthens muscles and joints
- Improved complexion
- Ensures a better functioning digestive system
- Helps combat insomnia
- Ensures regular menstrual cycle
- Useful in treatment of frozen shoulders
- Spinal cord and abdominal muscles are stretched
- Internal organs are massaged
- Improves flexibility of the hips
- Stimulates the Manipura Chakra
- Improves balance in the nervous system
- Reduces blood sugar levels
- Reduces stress levels
- Tones the entire body
- Improves digestion and reduces constipation
- Eliminates stomach ailments
- Promotes balance between both sides of the body

Classification of asanas with special reference to physical education and sport

- **Standing Asanas:** These involve postures where the body is fully erect, engaging primarily the leg muscles for stability and strength. Examples include Tadasana (Mountain Pose) and Virabhadrasana (Warrior Pose).
- **Sitting Asanas:** These involve postures where the body is seated, focusing on hip flexibility and core strength. Asanas like Padmasana (Lotus Pose) and Sukhasana (Easy Pose) fall into this category.
- **Prone Asanas:** These are postures where the body lies facing downward, engaging the back muscles, hamstrings, and glutes. Examples include Bhujangasana (Cobra Pose) and Shalabhasana (Locust Pose).
- **Supine Asanas:** These are postures where the body lies facing upward, targeting the abdominal muscles, hip flexors, and chest. Asanas like Setu Bandhasana (Bridge Pose) and Supta Baddha Konasana (Reclining Bound Angle Pose) are supine.
- **Balancing Asanas:** These involve postures that challenge balance and coordination, engaging multiple muscle groups simultaneously. Examples include Vrikshasana (Tree Pose) and Garudasana (Eagle Pose).

Effect of relaxative and meditative posture on various system on body

- **Nervous System:** Relaxative and meditative postures can trigger the parasympathetic nervous system, promoting relaxation and reducing stress. This can lead to lowered heart rate, blood pressure, and cortisol levels.
- **Musculoskeletal System:** These postures can help release tension in muscles and promote better posture. Over time, practicing these postures regularly can improve flexibility and reduce the risk of musculoskeletal injuries.
- **Respiratory System:** Deep breathing techniques often accompany meditative postures, which can improve lung function, increase oxygen intake, and enhance overall respiratory health.
- **Circulatory System:** By reducing stress and promoting relaxation, these postures can improve blood circulation throughout the body, leading to better oxygen and nutrient delivery to cells and tissues.
- **Digestive System:** Relaxative postures can aid in digestion by reducing tension in the abdominal muscles and promoting better blood flow to the digestive organs. This can help alleviate symptoms of digestive disorders such as indigestion and constipation.

Thank

You