



# Yoga

# Introduction of Yoga

- Yoga Its History
- Yoga definition
- Importance of Yoga
- Different Paths of Yoga
- Obstacles in Yoga

## Ashtanga Yoga (8 Limbs) of Mahrishi Patanjali

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

# Hatha Yoga

- Seven rules of Hath yoga

## Yogic Practices

- Sukshma Vyayam
- Asana,
- Pranayam,
- Meditation
- Surya Namaskar
- Shavasana
- Yognidra
- Mudra

## Advance Aasana

- Shirshasana
- Mayurashana
- Chakrasana
- Baksasna etc.

# Others

- Ayurved for Health
- Five elements
- Nature of Human being
- Human Body
- Aahaar Vihar
- Introduction of Yog Darshan



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