

Criteria 2.4: Yoga for health

2.4.3. A: New yogic techniques List

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Yogic-Joggiging

1. Hastapadasanchalana,
2. Poorna Hastapadasanchalana,
3. Janusanachalana,
4. Ardhabaithak,
5. Januvikasak,
6. Januvakshvikasak,
7. Vakshvikasak,
8. Trikonasana,
9. Konasana,
10. Padahastasana,
11. Chalitpadahastasana,
12. Yoga/Kati Nritya)

Danda


1. SadharanDanda,
2. RammurtiDanda,
3. VakshavikasakDanda,
4. HanumanDanda,
5. VrishchikDanda-1,
6. VrishchikDanda-2,
7. ParshvaDanda,
8. ChakraDanda,
9. SherDanda
10. PalatDanda,
11. SarpaDanda,
12. Mishra Danda.

Baithak

1. Sadharanardhbaithak,
2. Sadharanpoorna baithak,
3. Rammoorti baithak,
4. Pahalvan baithak-1,
5. Pahalvan baithak-2
6. Hanuman baithak-1,
7. Hanuman baithak-2,
8. Hanuman baithak-3.

Asanas

1. Mandukasana,


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2. Shashankasana,
3. Vakrasana,
4. Gomukhasana.
5. Makarasana,
6. Bhujangasana,
7. Shalabhasana,
8. Markatasana,
9. Pavanamuktasana,
10. Ardhalasana,
11. Padavrittasana,
12. Dwichakrikasana

Pranayama

1. Bhastrika,
2. Kapalbhathi,
3. Bahya,
4. Ujjayi,
5. Anulom-Vilom,
6. Bhramari,
7. Udgeeth,
8. Pranav

Special asanas


1. Shirshasana,
2. Sarvangasana,
3. Halasana,
4. Chakrasana,
5. Tadasana,
6. Triyaktadasana,
7. Garudasana,
8. Pashchimottanasana.

Student's special asanas

1. Gorakshasana,
2. Garbhasana,
3. Skandhapadasana,
4. Tolangulasana,
5. Hastapadangushthasana,
6. Bhunamasana,
7. Akarnadhanushtankarasana,
8. Mayurasana.

Women's special asanas

1. Bhujanasana,


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2. Makarasana,
3. Shalabhasana,
4. Ardhalasana,
5. Padavrittasana,
6. Dwichakrikasana,
7. Kandhrasana,
8. Markatasana,
9. Chakrasana,
10. Ushtrasana,
11. Shrirshasana,
12. Sarvangasana,
13. Halasana,
14. Paschimottanasana,
15. Brahmacharyasana.

Complete package for obesity

- TriyakKonasana,
- Konasana,
- Trikonasana,
- Padahastasana,
- Chakkichalan,
- Sthirkonasana,
- Paschimottanasana,
- Bhujangasana,
- Shalabhasana,
- Ardhalasana,
- Padavrittasana,
- Dwichakrikasana,
- Markatasana,
- Shavasana,
- Bhastrika,
- Kapalbhata,
- Ujjayi,
- Anulom-vilom,
- Bhramari,
- Udgeeth.



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