

**SWAMI VIVEKANANDA CULTURAL CENTRE
HIGH COMMISSION OF INDIA
SUVA**

YOGA

Unit – 1: PRAYER

Unit – 2: YOGIC SUKSHA VAYAYMA

Unit – 3: YOGASANA

• **Standing Postures:**

Tadasana, Tiryaka Tadasana, Samakonasana, Dwikonasana, Dolasana, Katichakrasana, Ardha Chakrasana, Padahastasana, Trikonasana, Vrikshasana, Garudasana, Natarajasana, Eka Padasana, Vatayanasana

• **Sitting Postures:**

Dandasana, Sukhasana, Ardha Padmasana, Siddhasana, Padmasana, Dhyana Veerasana, Bhadrasana, Mandukasana, Yogamudrasana, Uthita Padmasana, Kukkutasana, Garbhapindasana, Vajrasana, Simhagarjanasana, Marjariasana, Vyaghrasana, Ushtrasana, Shashankasana, Pranamasana, Vakrasana, Ardha Matsyendrasana, Janusirshasana, Paschimottanasana, Suptavajrasana, Gomukasana.

• **Supine Line Postures:**

Utthanpadasana, Chakrapadasana, Pada Sanchalanasana, Supta Udakarshanasana, Shava Udarakarshanasana, Pawanamuktasana, Sedhubandhasana, Sarvangasana, Matsyasana, Halasana, Karnapeedasana, Chakrasana, Naukasana, Shavasana

• **Prone Line Posture:**

Bhujangasana, Shalbasana, Naukasana Dhanurasana, Makrasana

Unit – 4: PRANAYAMA

- Breathing: Abdominal, Thoracic and Clavicular
- Yogic Deep Breathing
- Suryabehadana
- Nadisodhana
- Bastrika
- Ujjayi
- Seethatali
- Sheetkari
- Bharamari

Unit – 5: MUDRAS & BANDHAS

Unit – 6: DHYANA

UNIT – 7: YOGIC SHAT KRIYAS

- Kapalabhati
- Neti
- Dhouti
- Agnisara