



Nature Care College

Yogic Physiology

DESCRIPTION	The Yogic understanding of physiology differs greatly from that of Western Science. The teaching of Yoga involves an integration of both paradigms and requires the Yoga teacher to carefully communicate this integration. This module provides a solid, foundational understanding of physiology, according to the tradition of Yoga.	
DURATION	24 hours	
LEARNING OUTCOMES	<p>By the end of this unit of study students will be able to:</p> <ol style="list-style-type: none"> 1. Explain the evolution of consciousness from the subtle to the gross. 2. Explain the principle of the Koshas and their importance in the study and teaching of Yoga. 4. Explain the Nadis and Chakras and their importance in the study and Teaching of Yoga. 3. Demonstrate an understanding of the three knots (granthis), the pranic locks (bandhas), the five vital energies (pancha vayu), and the hand and body gestures (mudras) 6. Explain the interrelationship between Western and Yogic Physiology. 	
TEACHING METHOD	<ol style="list-style-type: none"> 1. Theory - lectures in classrooms, using specific texts and lecturer's experience. 2. Small group discussions and exercises with case studies. 3. Experiential practices and self-observation. 4. Practical work which integrates all of the knowledge. 5. Content of module will be further reinforced through its integration into other modules: including Pranayama, Asana, Introduction to Ayurveda, Yogic Nutrition, Bandhas and Cleansing. 	
ASSESSMENT	Yoga journal	50%
	Assignment and presentation	50%
	<p>Pass or fail only. No Grades Available. All components must be completed and passed at 60% in order to pass this subject satisfactorily.</p> <p>Note: To facilitate the return of your assignment you will need to provide a stamped addressed envelope. If no envelope is provided, assignments will be destroyed after results are recorded. Please also ensure you have a copy of your assignment before submission for your own records.</p>	
ATTENDANCE	90% minimum	
PRE-REQUISITES	Nil	

CO-REQUISITES	Nil
MATERIALS REQUIRED	Notebook, pen
TEXTBOOKS	<p>Compulsory: Satyananda S, 1996. <i>Asana, Pranayama, Mudra, Bandha, Bihar</i>. Yoga Bharati, Bihar.</p> <p>Recommended Reading / References: Nil.</p>

DAY-BY- DAY OUTLINE

DAY 1	Evolution of matter from consciousness. Prime qualities – Gunas.
DAY 2	The energy sheaths – Koshas.
DAY 3	Subtle energy channels – Nadis. Energy centers – Chakras.
DAY 4	Three knots - granthis Pranic locks – bandhas Five vital energies - pancha vayu Hand and body gestures – mudras
DAY 5	Interrelationship between Western and Yogic Physiology.
DAY 6	Presentations.

Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.