

Module 3

Topic: Yoga for Concentration

Overview

Yogic Practices for Concentration

Asana

- *Garudasana*
- *Baddhapadmasana*
- *Gomukhasana*
- *Ardhamatsyendrasana*
- *Bhujangasana*
- *Shalabhasana*
- *Makarasana*
- *Matsyasana*
- *Naukasana*
- *Setubandhasana*
- *Halasana*
- *Shavasana*

Kriya

- *Agnisara*

Pranayama

- *Anuloma-viloma Pranayama*
- *Seetkari Pranayama*
- *Bhramari Pranayama*

Meditation