

Module 4

Topic: Personality Development through Yoga

Overview

Yoga and Personality Development

Yogic Practices for Personality Development

- Surya Namaskar

Asanas

- Tadasana
- Simhasana
- Uttana-mandukasana
- Akarna Dhanurasana
- Bhujangasana
- Shalabhasana
- Sarvangasana
- Shavasana
- Katichakrasana
- Mandukasana
- Kukkutasana
- Matsyasana
- Makarasana
- Dhanurasana
- Halasana

Kriyas

- Kapalabhati
- Agnisara

Pranayama

- Anuloma-Viloma Pranayama
- Bhastrika Pranayama

Bandha

- Uddiyana Bandha

Dhyana (Meditation)

- **Meditation**