



Karuna Yoga Vidya Peetham
Bangalore, India

Student Assessment Sheet: Teachers Feed Back & Weekly Assessment
Paper - 1 Technique, Training and Practice

1. Mantra Chanting	Pronunciation	Memorising	Voice or Tone	Following	Leading	Over all
1. Gayathri Mantra						
2. Maha Mrityunjaya Mantra						
3. Santhi Mantra						
4. Patanjali Mantra						
5. Pranayama Mantra						
6. Surya Namaskara Mantra						
7. Astanga Yoga Mantra						
8. Guru Mantra						
9. Vedic Mantras						
10. Dhyana Mantra						

2. Surya Namaskara (sun salutation)	Contraindication	Benefits	Breathing & Dristi	Practice & Alignment	Instructing	Adjustment	Overall
2.1. Sivananada School of Yoga Style							
2.2. Satyananada School of Yoga Style							
2.3. Vivekananada School of Yoga Style							
2.4. Astanga Surya Namaskara – A							
2.5. Astanga Surya Namaskara – B							

03. Asanas 3.1. Standing Asana	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
1) Samasthiti									
2) Tadasana									
3) Vrksasana									
4) Garudasana									
5) Padahastana									
6) Ardha Chakrasana									
7) Utthita Trikonasana									
8) Parivritta Trikonasana									
9) Parsvottanasana									
10) Utthita Parsvakonasana									
11) Parivrtta Parsvakonasana									
12) Prasarita Padottanasana									

	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
13) Ardha Chandrasana									
3.1. Standing Asana									
14) Utkatasana									
15) Virabhadrasana-1									
16) Virabhadrasana - 2									
17) Virabhadrasana - 3									
18) Natarajasana									
19) Utthita Hasta Padangusthasana									
3.2. Kneeling Asana									
1) Vajrasana									
2) Balasana									
3) Madukasana									

	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
4) Ardha Supta Virasana									
5) Virasana									
6) Supta Virasana									
7) Ustrasana									
3.3. Sitting Asanas									
1) Dandasana									
2) Sukhasana									
3) Padmasana									
4) Janu Sirsasana									
5) Parivrtta Janu Sirsasana									
6) Ardha Baddha Padma Paschimottanasana									
7) Paschimottanasana									

	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
8) Bharadvajasana									
9) Gomukhasana									
10) Marichyasana									
11) Ardha Navasana									
12) Paripurna Navasana									
13) Upavistha Konasana									
14) Baddha Konasana									
15) Ardha Matsyendrasana									
16) Yogamudrasana									
17) Hanumanasana									
18) Eka Pada Raja kapotasana									

3.4. Supine Asanas	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
1) Supta Pawanmuktasana									
2) Jathara Parivartanasana									
3) Setu Bandha Sarvangasana									
4) Anantasana(Vishnu couch pose)									
5) Supta Padangusthasana									
6) Salamba Sarvangasana									
7) Urdhva Padmasana in Sarvangasana									
8) Matsyasana									
9) Supta Konasana									
10) Halasana									
11) Karnapidasana									
12) Urdhva Cakrasana									

	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
13) Shavasana									
3.5. Prone Asanas									
1) Makarasana									
2) Ardha Shalabhasana									
3) Salabhasana									
4) Bhujangasana									
5) Dhanurasana									
3.6. Arm Balancing and Head Standing Asanas									
1) Ardha Phalakasana									
2) Chaturanga Dandasana									
3) Purvottanasana									
4) Phalakasana(Plank Pose) or Santolanasana									

	Sanskrit & English	Benefits & Limitations	Practice & Breathing	Going Into pose	Alignment	Maintenance	Coming out from pose	Instructing	Adjustment
5) Vasisthasana									
6) Tolasana									
7) Bakasana									
8) Mayurasana									
9) Hamsasana									
10) Astavakrasana									
11)Salamba Sirsasana									

4. Pranayama	Sanskrit & English	Benefits	Limitations	Pose alignment	Breathing slowness	Practice Duration	Instructing	Adjusting
4.7. Natural breathing								
4.8. Abdominal (or diaphragmatic) breathing								
4.9. Thoracic Breathing								
4.10. Clavicular Breathing								
4.11. Full Yogic Breathing								
4.12. Kapalbhatai								
4.13. Bhastrika								
4.14. Nadi Shodhana Pranay								
4. 15. Ujjayi Pranayama								
4. 16. Chandra Bhedana Pran								
4.17. Surya Bhedana Pranay								
4.18. Sheetalī (cooling pranay)								
4.19. Sheetkari Pranayama								
4.20. Bhramari Pranayama								

5. Mudra	Sanskrit & English	Practice	Benefits & Contradictions	Instructing	Adjustment
i) Jnana Mudra (psychic gesture of knowledge)					
ii) Chin Mudra (psychic gesture of consciousness)					
iii) Bhairava Mudra (fierce or terrifying attitude)					
iv) Hridaya Mudra (heart gesture)					
v) Shambhavi Mudra (eyebrow centre gazing)					
vi) Nasikagra Drishti (gaze at tip of nose)					
vii) Khechari Mudra (tongue lock)					
viii) Shanmukhi Mudra (closing the seven gates)					
ix) Vipareeta Karani Mudra (inverted psychic attitude)					
x) Pashinee Mudra (folded psychic attitude)					
xi) Tadagi Mudra (barrelled abdomen technique)					
xii) Prana Mudra					
xiii) Yoga Mudra (attitude of psychic union)					
xiv) Manduki Mudra (gesture of the frog)					

5. Mudra	Sanskrit & English	Practice	Benefits & Contradictions	Instructing	Adjustment
xv) Maha Mudra (great psychic attitude)					
xvi) Maha Bheda Mudra (the great separating attitude)					
xvii) Maha Vedha Mudra (the great piercing attitude)					
xviii) Ashwini Mudra (horse gesture)					

6.3. Bandhas(locks)	Sanskrit & English	Benefits & limitations	Performance	Holding duration	Instructing	Adjusting
1. Jalandhara Bandha						
2. Moola Bandha						
3. Uddiyana Bandha						
4. Maha Bandha						

7. Pratyahara (withdrawal of the mind, from its sense object)	Sanskrit & English	Benefits & limitations	Performance	Instructing	Voice	Language
7.1. Yoga Nidra						
7. 2. Japa and Ajapa japa						

8. Dharana (concentration)	Sanskrit & English	Benefits & limitations	Performance	Instructing	Voice	Language
Trataka (concentrated gazing)						
8.2. Antar Trataka						
8.3. Shambhavi Mudra (eye)						
8.4. Nasikagra Drishti (nose t						

9. Meditation	Benefits	Limitations	Practice & Breathing	Alignment	Maintenance	Instruction	Adjustment
9.1. Meditation on Breath							
9.2. Mantra Meditation (Sacred Syllable Chanting Meditation)							
9.3. Counting Beads							

10. Shatkarma(internal cleansing)	Sanskrit & English	Benefits & Limitations	Performance	Instructing	Assisting	Overall
1. Jala Neti (nasal cleansing with water)						
2. Sutra Neti (nasal cleansing with thread)						
3. Vaman Dhauti (regurgitative cleansing)						
4. Shankhprakashalana(cleansing entire digestive tract)						

11. Techniques	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
11.1. Principles of Yogic Practices					
11.2. Asana Laboratory Observation					
I. Breath and general vibe					
II. Feet and ankles					
III. Knees					
IV. Pelvis					
V. Spine					
VI. Rib cage					
VII. Chest and collarbones					
VIII. Shoulders, arms, hands, and fingers					
IX. Where is the model's energy?					
11.3. Basic Elements of Asana Practice					
11.3.1. Being Present					
11.3.2. Relaxing					
11.3.3. Breathing					
11.4. General Principles in Giving Physical Cues and Adjustments					

11. Techniques	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
11.5. How Not to Touch					
11.5.1. Distally					
11.5.2. Forcefully					
11.5.3. Meanderingly					
11.5.4. Blindly					
11.5.5. Destabilizing					
11.5.6. Randomly					
11.5.7. Inappropriately					
11.6. Modifications, Variations, and the Use of Props					
11.6.1. Props help students find stability and ease					
11.7. Pacing and Holding Asanas					
11.7.1. Basic considerations					
11.7.2. Class definition					
11.7.3. Student ability					
11.7.4. Class theme					
11.7.5. Time constraints					
11.8. Refining Asanas					

11. Techniques	Understanding Concept	Application of Concept	Assignment	Test	Suggestion
11.8.1. Individualizing Instruction					
0) Tadasana (Mountain Pose)					
i) Uttanasana (Standing Forward Bend)					
ii) Urdhva Mukha Svanasana (Upward-Facing Dog Pose)					
iii) Adho Mukha Svanasana (Downward-Facing Dog Pose)					
iv) Virabhadrasana I (Warrior I Pose)					
v) Virabhadrasana II (Warrior II Pose)					
vi) Ardha Chandrasana (Revolved Half-Moon Pose)					
vii) Sirsasana I (Headstand I)					
11.9. Transitioning into Asanas					
11.10. Transitioning out of Asanas					