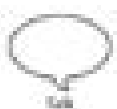


Sun & Moon: Energetic Counterparts

					
Failure Success Talk	Knowing False & Truth	New Moon Flow	Hero	Camel (namaste)	Table Top
					
Cow 2	Cat (Head to Knee)	Cow 2	Table Top	Cobra (hands forward)	Down Dog
					
Table Top	Waxing Moon Flow	Gate	Table Top	Down Dog	Forward Bend
					
Half Way Lift 2	Forward Bend	Mountain Arms Up 2	Mountain Namaste	Full Moon Flow	Full Moon

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Yoga Question Bank UGC NTA NET Assistant Professors Mocktime Publication, 101-01-01 Chapter 1 Fundamentals of Yoga History and Various Schools of Yoga covering UNIT I Fundamentals of Yoga History and Development of Yoga Meaning Concept of Purushartha Chatushtaya Basic concepts of Shad darshanas Epistemology Metaphysics Ethics and Liberation with special emphasis to Samkhya Yoga and Vedanta Darshana in context of UGC NTA NET Exam Subject Yoga Chapter 3 Introduction to Epics and Smriti yoga in Ramayana Aranyakand Mahabharata Shantiparva and Yajnavalkya Smriti Brief introduction and yogic contribution of Maharshi Patanjali and Guru Gorakshanath Traditions in context of UGC NTA NET Exam Subject Yoga Chapter 4 Yoga in Narada Bhaktisutra and Yoga in the Literature of Saints Kabirdas Tulasidas and Surdas Yoga in Modern Times Yogic Traditions of Swami Vivekananda Shri Aurobindo Maharshi Ramana and Maharshi Dayanand Saraswati in context of UGC NTA NET Exam Subject Yoga Chapter 5 Yoga in Contemporary Times Brief Introduction of Sri Shyamacharan Lahidi Sri T Krishnamacharya Swami Shivanada Saraswati Swami Rama of Himalayas Maharshi Mahesh Yogi Pt Sri Ram Sharma Acharya and their contribution for the development and promotion of Yoga Introduction to Jnanayoga Bhaktiyoga Karmayoga Rajayoga Hathayoga and Mantra Yoga Elements of Yoga in Jainism and Buddhism in context of UGC NTA NET Exam Subject Yoga Chapter 6 Yoga Texts I Principal Upanishads Bhagavad Gita and Yoga Vasishttha covering UNIT II Yogic Texts I Principal Upanishads Brief Introduction of Ten Principal Upanishads Ishavasyopanishad Concept of Karmanishta Concept of Vidya and Avidya Knowledge of Brahman Atma Bhava Kena Upanishad Self and the Mind Intuitive realization of the truth Moral of Yaksha Upakhya in context of UGC NTA NET Exam Subject Yoga Chapter 7 Katha Upanishad Definition of Yoga Nature of Soul Importance of Self Realization Prashna Upanishad Concept of Prana and rayi creation Panchapranas The six main questions Mundaka Upanishad Two approaches to Brahma Vidya Para and Apari The greatness of Brahavidya Worthlessness of Selfish karma Tapas and Gurubhakti The origin of creation the ultimate aim of Meditation Brahmanubhuti in context of UGC NTA NET Exam Subject Yoga Chapter 8 Mandukya Upanishad Four States of Consciousness and their

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