YSP306A **PRACTICAL – VI: PRANAYAMA & MEDITATION**

Course Objectives:

To make the student to

- Get trained in Pranayama and Meditation.
- Know the fundamentals of Pranayama and Meditation according to the traditional practice.
- Understand the therapeutical application of Pranayama and Meditation.

Course Outcome:

After the completion of the course, the student will be able to

- Perform the Pranayama and Meditation.
- Explain and demonstrate the procedures of selected Pranayamas.
- Use the practices for treatment.
- Self-improvement of health and concentration.

I Pranayama **24 Hrs**

1) Recaka Kumbhaka
2) Puraka Kumbhaka
3) Ujjayi
4) Nadisuddhi

II Pranayama **24Hrs**

1) Suryabhedana
2) Candrabhedana
3) Sitali

III Pranayama **24Hrs**

1) Bhastrika
2) Bhramari
3) Sitkari

IV Meditation **24Hrs**

1) Pranava
2) Soham
3) Akashadharana, Vayavidharana
4) Yoganidra

Reference Books

1. B.K.S. Iyengar. (2005). *Light on Pranayama.*New York: Element, New York,NY 10018, United States.
2. B.K.S. Iyengar. (2006). *Light on Yoga: The Classic Guide to Yoga by the World's Foremost Authority* (6 ed.).New York: Thorsons, London SE1 9SG, United Kingdom New York.
3. Pattabhi Jois. (2010). *Yoga Mala* (2 ed.). Delhi: Picador Delhi 110001India.
4. Swami Digambaraji. (1998). *Hathapradipika* (1998 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
5. Swami Digambarji, & Dr M L Gharote. (1997). *Gheranda Samhita.*Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
6. Swami Gitananda Giri. (2007). *Mudras.* (Dr Ananda Balayogi Bhavanani, Ed.) Pondichery: Meenakshi Devi Bhavanani, Satya Press,603013 Pondichery.
7. Swami Kuvalayananda, & Dr S L Vinekar. (1963). *Yogic Therapy Its Basic Principles and Methods.*Delhi:Central Health, Govt of India, Nirman Bhavan, New Delhi-10011.
8. Swami Kuvalyananda. (1993). *Asanas* (8 ed.). Lonavala: Kaivalyadhama, Lonavla, Maharashtra 410403.
9. Swami Satyananda Saraswati. (2004). *A Systematic Course in the Ancient Tantric Techniques of Yoga and Kriya* (3 ed.). Munger: Yoga Publications Trust, Munger, Bihar,811201 India.
10. Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha.*Munger: Bihar School of Yoga, Bihar,811201 India.Swami Satyananda Saraswati. (2013). *Asana Pranayama Mudra Bandha.*Munger: Bihar School of Yoga, Bihar,811201

- ONE MONTH INTERNSHIP.