YSS404A **PRACTICAL – VII : ADVANCED PRACTICES**

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(Advanced) 24 Hrs

1) Ujjayi
2) Suryabhedana
3) Candrabhedana
4) Nadisuddhi

II Pranayama(Advanced) 24 Hrs

1). Bhastrika
2) Bhramari
3) Sitali
4) Sitkari

III Meditation (Advanced) 24 Hrs

1) Pranava
2) Soham
3) Sthuladhyana
4) Sukshmadhyana

Reference Books

1. Digambarji, S., & Gharote, M. (1997). *Gheranda Samhita* (2 ed.). Pune: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403.
2. Digambarji, S., & Jha, P. (1998). *Hathpradipika.* Lonavala: SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410 403.
3. Iyangar, B.K.S. (2013). *Light on Pranayama.*New Delhi: Harper Collins ,New Delhi - 201307.
4. Iyyengar, B.K.S. (2006). *Light on Yoga.*London: Thorsons, London SE1 9SG, United Kingdom ,London.
5. Pattabhi Jois, K. (2019). *Yoga Mala.*New York: Macmillan,New York, United States.
6. Nagendra, H. (2018). *Pranayama - The Art and Science.* (1 ed.).Bangalore: Swami Vivekananda Yoga Prakashana , Bangalore - 560105.
7. Sarasvathi, S. (2004). *Yoga and Kriya: A Systematic Course in the Ancient Tantric Techniques.*Bangalore : Nesma Books India, India 560027..
8. Saraswati Swami Satyananda. (2013). *Asana Pranayama Mudra Bandha.*Munger: Bihar School of Yoga, Munger - 811201.