

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 110001 India.
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.