

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. Iyengar, 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.

