MANGALORE UNIVERSITY

Department of Human Consciousness and Yogic Sciences
M.Sc. Yogic Science

YSS554A PRACTICAL – VII : ADVANCED PRACTICES

Learning 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.

Learning 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

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