

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. : V

Lecture No. : 20

Topic no. : Section -B (3)

Lecture Title : Shudhi Kriyas Part - I

References

Power Pranayama (Hindi) Paperback – 2012 by M D Renu Mahtani

Hatha Yoga: Book 3: Shatkarma Paperback – Import, 1 Feb 2014 by Niranjananda Swami Saraswat

Links

www.kshitijcentre.com/index.php/yoga/bahirang-yoga/shudhi-kriya-cleansing

<https://www.artofliving.org/yoga/breathing.../skull-shining-breath-kapal-bhati>

<http://www.yogasandhya.com/Shuddhi-kriya.html>