

**Course Name : Bachelor of Physical Education**

**Year : IInd (Part - I)**

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 21**

**Topic no. : Section -B (3)**

**Lecture Title : Shudhi Kriyas - Part 2**

**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](http://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>