

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. : V

Lecture No. : 5

Topic no. : Sect - A (2)

Lecture Title : Pranayam - I

References

Asana Pranayama Mudra Bandha Book by Satyananda Saraswati

Prana and Pranayama Book by Niranjanananda Saraswati

Links:

www.yogajournal.com/category/poses/types/pranayama

www.yogapoint.com/info/pranayama.htm