

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 7

Topic no. : Sect - A(2)

Lecture Title : Pranayama : Suryabhedhi, Ujjai, Bhastrika

References

Asana Pranayam Mudra Bandha by Satyanada saraswati

Power Pranayam by Dr. Renu Mantani M.D

Links

<https://www.yogaoutlet.com/guides/how-to-practice-ujjayi-breath-in-yoga>

<https://www.youtube.com/watch?v=d8dd8gAxLDI>