

  
**MANGALORE UNIVERSITY**  
**DEPARTMENT OF YOGIC SCIENCE**  
**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

### **REFERENCE BOOKS**

1. Swami Digambarji(1997), HathayogaPradipika, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
2. Swami Digambarji(1997), Gheranda Samhita, SMYM Samiti, Kaivalyadhama, Lonavala, Pune-410403
3. SadashivaBrahmendra Saraswathi(1911), Patanjala Yoga Sutra Vrtti
4. Swami Kuvalayanada(1971), Asanas, SMYM, Samiti, Kaivalyadhama, Lonavala-410403
5. Prof.PattabhiJois(2010), Yoga Mala - Part I, North Point Press, A division of Ferrar, Straus and Giroux, 18<sup>th</sup> west 18<sup>th</sup> street, New York 10011.
6. B.K.S.Iyengar(1966), Light on Yoga, Collins publication, 77- 85Fulham Palace road, London W6 8JB.
7. B.K.S.Iyengar(1999), Light on Pranayama, Harper Collins, New Delhi-201307
8. Vidwan T. Krishnamacarya(1981), Yogasanagalu, Prasaranga, Mysore University, Manipal power press, Manipal, Mysore 570012
9. Thomas Von Elbe(1999), Yoga Self Taught
10. Swami Kuvalayananda(1963), Yoga Therapy, Published by Kaivalyadhama, Lonavala, Pune-410403.
11. H.R.Nagendra(2011), Pranayama – Pubished by SVYASA, Bangalore-560105
12. Swami Geetananda, Bandhas & Mudras, Anandashrama, Pondicherry-605013
13. Swami SatyanandaSaraswati(2013), Asana, Pranayama, Mudra and Bandha, Bihar School of Yoga, Munger-811201
14. Swami Satyananda Saraswathi(2004), A Systematic Course in the Ancient Tantric Techniques of Yoga & Kriya , Bihar School of Yoga, Munger-811201