



Syllabus For The Certificate Course in Pranayama: -

Theory and Practical: -

- A brief introduction to the following human body systems related to Pranayama.
 - Respiratory System
 - Cardio-Vascular System
 - Nervous System
- Brief introduction and concepts of following in link during the Pranayama.
 - Nadi
 - Vayu (Pranas)
 - Chakras
 - Bandha
- Brief introduction of Meditative Asanas which are required for Pranayama.

- Samasana
 - Svastikasana
 - Padmasana
 - Siddhasana
- Concepts of following Breathing Patterns in terms of Pranayama:-
- Normal Breathing
 - Friendly Breathing Pattern
 - Thoracic Breathing Pattern
 - Abdominal Breathing Pattern
 - Fast Abdominal Breathing Pattern
 - Kapalabhati Breathing Pattern
 - Pranayamic Berthing Pattern

Concepts of Pranayama:-

- Religious and technical aspect of Sagarbha and Agarbha Pranayama.
- General feature of Sahita and Kevala Pranayama (Kumbhaka) with Time force and use of Bandhas.
- Actual technique of Basic components of Pranayama Puraka – Kumbhaka – Rechaka.
- Concepts of Auloma Viloma Pranayama
- Varieties of Kumbhaka (Pranayama)
 - Suryabhedan Pranayama
 - Ujjayi Pranayama
 - Shitali Pranayama
 - Sitkari Pranayama
 - Bhastrika Pranayama
 - Bhramari Pranayama

- Murcha Pranayama
- Plavini Pranayama

➤ Concepts and technique of chanting of following Mantras in relation to Paranayama.

- ❖ Omkar Jap
- ❖ Gayatri Upasana
- ❖ Trayambaka Mantra
- ❖ Om- Stavan