

Seminar 4

PRANAYAMA

Yogic breathing

Vilnius May 2018

Program

PRANAYAMA - Yogic breathing

*Pranayama- meaning and
significance*

*Control of breath and energizing
Prana -the vital force*

◆◆ *pranayama clears emotional
and physical obstacles*

◆◆ *major benefits*

◆◆ *importance of Pranayama
training*

◆◆ *Technique for daily practice*

*Surya NADI pranayama **
Single nostril breath control

Chandra NADI pranayama ◆◆
Single nostril breath control

Nadi Shodhana pranayama
*Alternative nostril breath
control*