

## Topic yoga and pranayam

- yoga and pranayam
- ∴ Ishvarbhakti
- Explain the following pranayam in detail
- Kramapitena
- Anulomavyatoma pranayam
- Uddiyan
- Bhramari
- Conclution.

# INTRODUCTION

योग से विश्राम

Introduction to yoga :-





श्रीगण के प्रकार

Types of Yogan

(1) प्राण योग  
(2) शक्ति योग

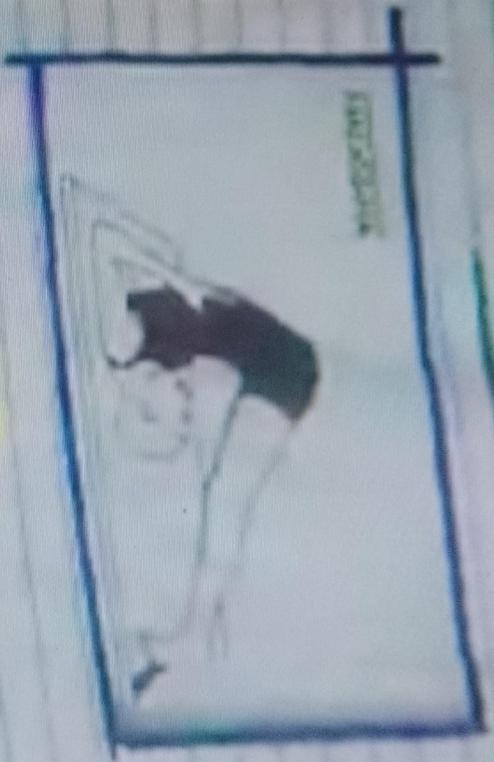
(3) कर्म योग

ज्वान से पीरिया  
Induction of labor





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