

Asana Pranayama Mudra Bandha

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Asana Pranayama Mudra Bandha

How to participate? To enter into the contest the participants are required to upload a 3 minutes duration video of 3 Yogic practices (kriya, asana, pranayama, bandha or mudra), including a short ...

Rs 1 lakh prize money! PM Narendra Modi announces this big global contest - All you need to know

Pranayama is the formal practice of controlling the breath, which is the source of our prana, or vital life force. Here, read up on pranayama exercises & poses, breathing techniques and sequences.

Pranayama Exercises & Poses

The government benefactors are urging people to submit short videos of their yoga practices such as kriya, asana, pranayama, bandha or mudra, along with video messages outlining how these ...

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