



**VEDHAKANI YOGA VIDHYALAYA**

**SALEM, TAMILNADU – 636014**

**ONLINE YOUTUBE FREE RESOURCES**

**WEBSITE: <https://vedhakaniyogavidhyalaya.in/>**



### **YCB LEVEL -3 COACHING VIDEOS**

|    |                                                        |                            |
|----|--------------------------------------------------------|----------------------------|
| 1  | YCB level-3 Syllabus introduction                      | <a href="#">Click Here</a> |
| 2  | YCB level-3 Syllabus introduction - Part I             | <a href="#">Click Here</a> |
| 3  | YCB level-3 Syllabus introduction - Part II            | <a href="#">Click Here</a> |
| 4  | YCB level-3 Syllabus introduction - Part III           | <a href="#">Click Here</a> |
| 5  | YCB level-3 Practical Syllabus introduction- Part IV   | <a href="#">Click Here</a> |
| 6  | YCB level-3 Unit -1 Fundamentals of yoga               | <a href="#">Click Here</a> |
| 7  | YCB level-3 Unit - 2 Patanjali yoga sutra , Part -1    | <a href="#">Click Here</a> |
| 8  | YCB level-3 Unit - 2 Patanjali yoga sutra , Part -2    | <a href="#">Click Here</a> |
| 9  | YCB level-3 Unit - 2 Hatha yoga texts, Part -1         | <a href="#">Click Here</a> |
| 10 | YCB level-3 Unit - 2 Hatha yoga texts, Part -2         | <a href="#">Click Here</a> |
| 11 | YCB level-3 Unit - 2 Hatha yoga texts,Part -3          | <a href="#">Click Here</a> |
| 12 | YCB level-3 Unit -3 Psychology                         | <a href="#">Click Here</a> |
| 13 | YCB level-3 Unit - 4 Yoga for Life Style Disorders     | <a href="#">Click Here</a> |
| 14 | YCB level-3 Unit - 4 Yoga And Education                | <a href="#">Click Here</a> |
| 15 | YCB Level-3 - Practical Part -1 (Sukshma Vyoma)        | <a href="#">Click Here</a> |
| 16 | YCB in tamil - Suryanamaskar in Trational way          | <a href="#">Click Here</a> |
| 17 | YCB level-3 Practical -2 Surya Namskar, Part -2        | <a href="#">Click Here</a> |
| 18 | YCB level -3 Practical Part - 3 / Standing Asanas      | <a href="#">Click Here</a> |
| 19 | YCB level -3 practical Part -4 Sitting Asanas          | <a href="#">Click Here</a> |
| 20 | YCB level -3 practical Part -5 Prone and Supine Asanas | <a href="#">Click Here</a> |
| 21 | Preparatory Breathing Techniques  NadiShodhana         | <a href="#">Click Here</a> |
| 22 | YCB in Tamil Pranayama Practice   Bhramari Pranayama   | <a href="#">Click Here</a> |