

## Caturtha

## Liens int ressants

- <https://solancha.com/chaturtha-pranayama-discover-a-new-dimension-of-awareness/>
- <https://yoga-vedanta-tantra.org/208-chaturtha-pranayama-the-perfect-pranayama/>
- <https://yoga-vedanta-tantra.org/author/nalini/>
- <https://sanskritdictionary.com/svacchanda%E1%B8%A5/3658/5>
- <https://en.wikipedia.org/wiki/Amarakosha>