

Bibliography

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- Naveen et al., (1997) assessed the effects of uninostril breathing on the performance in verbal and spatial memory tests. School children (n=108; whose ages ranged from 10 to 17 years) were randomly assigned to four groups.

Danucalov, Simoes, Kozasa and Leite (2008) investigated the changes in cardio respiratory and metabolic intensity brought about by the practice of pranayamas (breathing exercise of yoga) and meditation during the same hatha-yoga session.