

Fast vs. Slow Pranayama for Breathing, Heart, Balance, and Well-Being in Students

NCT07320742

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul Medipol University Hospital
Enrollment	79 participants

Key Eligibility Criteria

Inclusion (1)

- Between age 18-35

Exclusion (3)

- Subjects who have practiced yoga techniques in the last year.
- Subjects with a history of previous or current organic disease.
- Subjects who cannot practice pranayama due to physical abnormalities.

Locations (1 total)

Istanbul Medipol University, Istanbul, Istanbul, Turkey (Türkiye)