

Course Name: Bachelor of Physical Education
Year - IInd (Part-1)
Paper Name - Yoga
Topic Name - Niyama
Topic No. – Section A (2)
Paper No. - V
Lecture No. – 10

Lecture Title

Niyama

References

Ashtanga Yoga: Practice and Philosophy: Gregor Maehle

The Power of Ashtanga Yoga by Kino MacGregor. ~ Amanda Perez

The Power Of Yoga

Links:

<https://www.amazon.in>