

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Yoga Asana

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 14

Lecture Title

Yoga Asanas Part - 4

Glossary:

1. **Stretches:** Be made or be capable of being made longer or wider without tearing or breaking.
2. **Pelvic:** Relating to the renal pelvis.
3. **Flexibility:** The quality of bending easily without breaking.
4. **Jerking:** Move or cause to move with a jerk.
5. **Assume :** Suppose to be the case