

**Course Name : Bachelor of Physical Education**

**Year : IInd(Part - I)**

**Paper Name : Yoga**

**Paper No. V**

**Lecture No. 18**

**Topic no. : Sect-A (2)**

**Lecture Title : Yoga Asana Part - 8**

### **Glossary**

- 1. Arch** - A curved symmetrical structure spanning an opening and typically supporting the weight of a bridge, roof, or wall above it.
- 2. Spine** - A series of vertebrae extending from the skull to the small of the back, enclosing the spinal cord and providing support for the thorax and abdomen; the backbone.
- 3. Strengthen** - Make or become stronger.
- 4. Buttocks** - Either of the two round fleshy parts of the human body that form the bottom.
- 5. Concentrate** - Focus all one's attention on a particular object or activity.