

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

References

- Asana Why & How (Gujarati) Paperback – 1 Mar 2008 by Shri O P Tiwar
- Yogasana And Pranayam By Swami Ramesh Chandra Shukla

Links

www.yogabasics.com/practice/yoga-postures

<https://www.youtube.com/watch?v=WyHkJF9LDRg>