

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 19

Topic no. : Section -B (3)

Lecture Title : Hath Yoga and Dhauti Kriyas

References

Hatha Yoga Pradipika Paperback – Illustrated, 1 Sep 1998 by Muktibodhananda Swami (Author)

Links

<https://in.pinterest.com/explore/hatha-yoga-poses/>

www.yogaindailylife.org/system/en/hatha-yoga-kriyas/dhauti