

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Bandha Mudra

Topic No. – Section C (6)

Paper No. - V

Lecture No. – 23

Lecture Title

Bandha & Mudras Part – 2

References

Asana Pranayama Mudra Bandha by Satyananda Saraswati

[mudras and bandhas by yoga-age.com](http://mudrasandbandhasbyyogaage.com)

Links

www.yogayukta.com

www.essence-of-yoga.net