

Course Name : Bachelor of Physical Education

Year : IInd (Part - I)

Paper Name : Yoga

Paper No. V

Lecture No. 1

Topic no. : Section D 1(e)

Lecture Title : Difference Between Yoga and Non - Yogic Exercise

References

Yoga Sequencing by Mark Stephens

Yoga by Mita Mehta

Links

[www. Yogajournal.com](http://www.Yogajournal.com)

www.patanjaliayurveda.com