

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

Summary

The yoga system is not new, it had been taught for many centuries before the modern system were conceived. In the yogic system all movements are slow and gradual with proper breathing and relaxation. During exercise more blood is returned to the heart than during rest.