

Course Name - Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name - Ashtanga Yoga

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 3

Lecture Title
Ashtanga Yoga – 1

Glossary

Hypocrisy - The practice of claiming to have higher standards or more noble beliefs than is the case

Liberation - Freedom from limits on thought or behaviour.

Consciousness - The state of being aware of and responsive to one's surroundings.

Limbs - A large branch of a tree.

Morality - A particular system of values and principles of conduct.