

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

References

Ashtanga Yoga: Practice and Philosophy: Gregor Maehle

The Power of Ashtanga Yoga by Kino MacGregor. ~ Amanda Perez

The Power Of Yoga

Links

<https://www.amazon.in>