

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

Summary

The influence of the mind on the body is far more profound than the influence of the body on the mind. The physical training in yoga will give the desired result only when it is backed up by mental training through the cultivation of correct psychological attitudes. Ashtanga yoga literally means “eight limbed yoga: as outlined by the sage Patanjali in the yog sutras. These eight limbs are:-

Yama (moral codes) Niyama (self-purification and study) Asanas (postures)

Pranayama (breath control) Pratyahara (Sense control) Dharna (concentration) Dhyan (meditation) Samadhi (absorption into the universal)