

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. – 4

Lecture Title
Ashtanga Yoga – 2

References

1. Ashtanga Yoga: Practice and Philosophy : Gregor Maehle
2. The Power of Ashtanga Yoga: Developing a Practice that will bring you strength, flexibility, and inner peace
The Heart of Yoga: Developing a Personal Practice (Paperback) by T.K.V. Desikachar

Links

www.ashtanga.com

<https://en.wikipedia.org>