

**Course Name - Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name - Pratyahara**

**Topic No. – Section A (2)**

**Paper No. - V**

**Lecture No. – 9**

### **Lecture Title**

### **Pratyahara and Dhyana**

### **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](http://www.ashtanga.com)

<https://en.wikipedia.org>