BIBLIOGRAPHY

BOOKS


Swami Kuvalayananda, (1977), *Asana*, (India:Lonavala : Kaivalyatham)


JOURNALS:


UNPUBLISHED DISSERTATIONS


Krishnan.k (1977), The Effects of Selected Yogic Exercises upon the Development of Flexoibility, unpublished thesis submitted to the University of Madras.PP.12-55


WEB SITES:

- www.pubmed.com
- www.wikipedia.org
- www.yoga.com
- www.pranayama.com
- www.yogamatters.com
- www.pranayama.com
- www.yogajournal.com
- www.yahoo.com
- www.google.com
- www.medline.com