
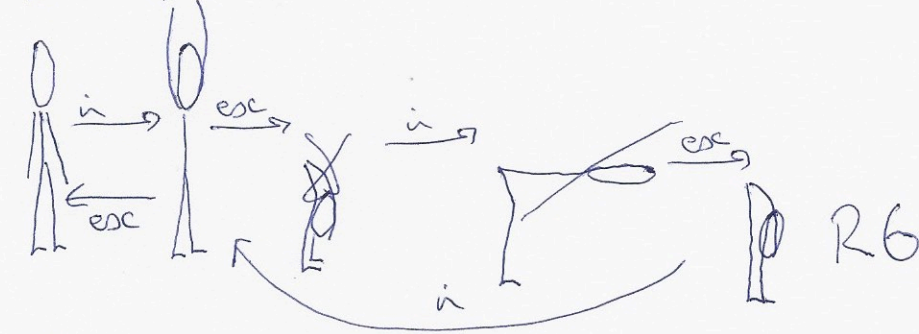
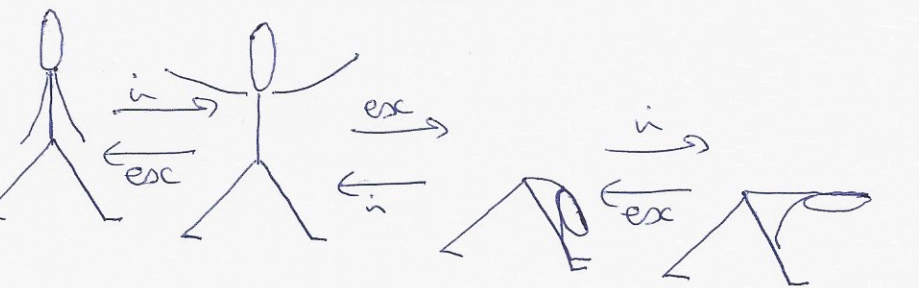
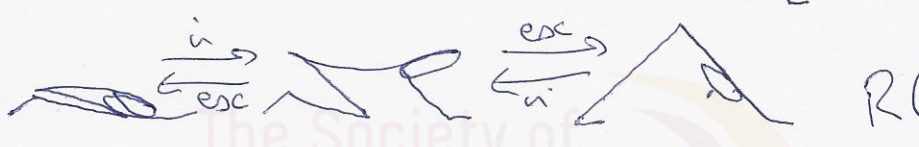


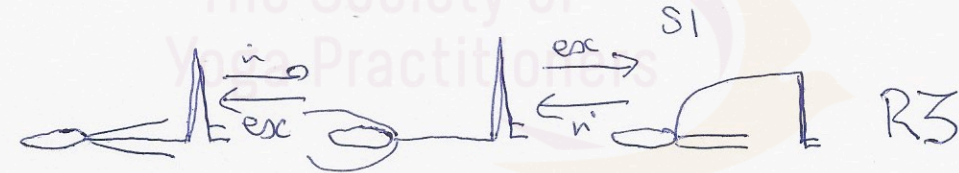
laghara

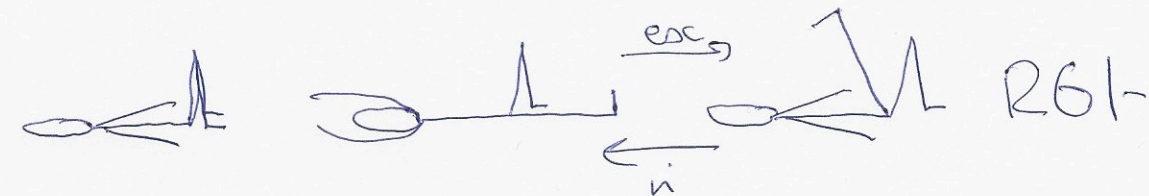
1)  in - forward arms
 ex - side arms R6 free inhale
 explore exhale

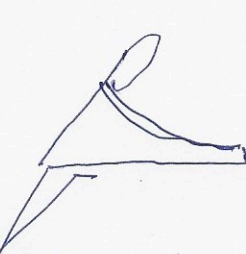
2)  R6

3)  R3 | Ex > In


4)  R6 Ex > In

5)  R3

6)  R6 |

7)  S & B | Coahmar exhale

8)  R3

9)  Anuloma Ujjayi } Ex > In
 Nadi Sadhana }
 free in - free ex