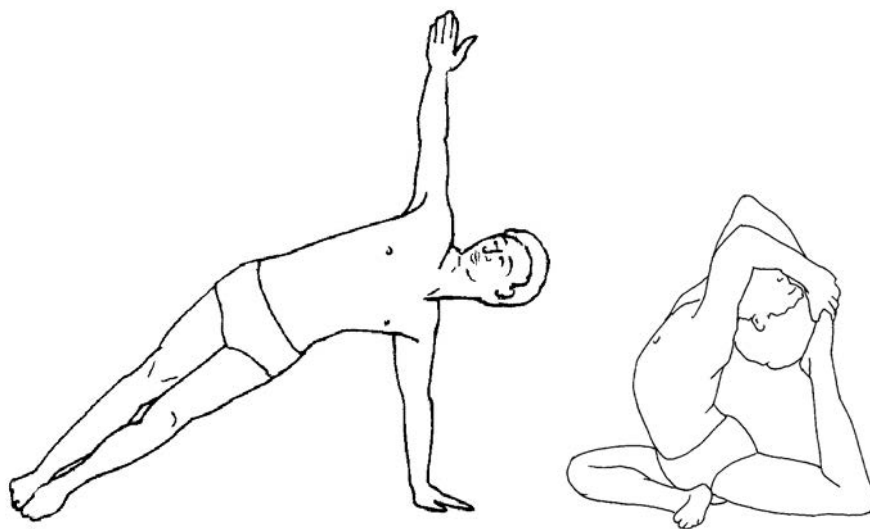


Āsana and Prāṇāyāma Practice Planning Question 2.



Plan a practice which focuses on Vasishthāsana and Eka Pāda Rājakaṇṇapōtāsana for a capable student.