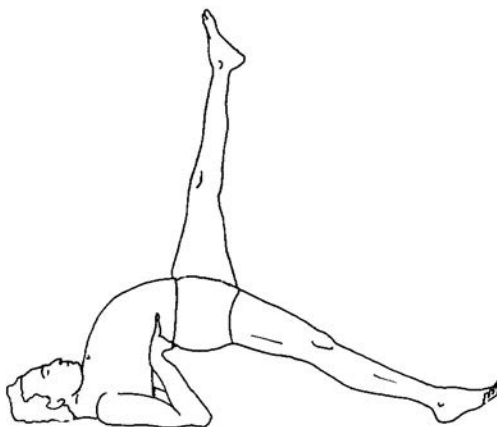


Āsana and Prāṇāyāma Practice Planning Question 4.



Plan a practice where the Pradhāna or crown is working dynamically in the Pūrṇa form of Eka Pāda Uttāna Mayūrāsana.