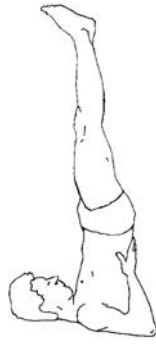


Āsana and Prāṇāyāma Practice Planning Question 5.



Plan a practice leading to Sarvāṅgāsana with a crown of 12 breaths 1.1.1.1.
Justify your choices.