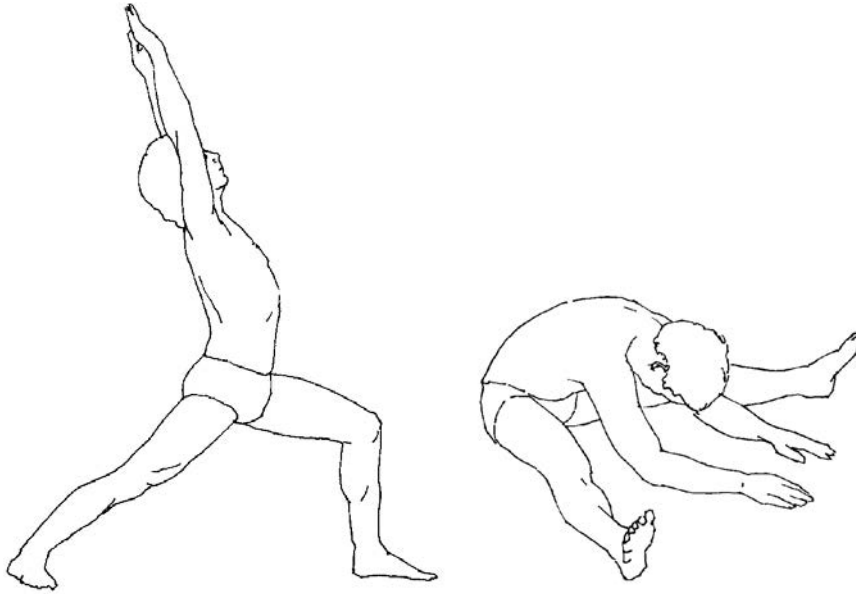


## Āsana and Prāṇāyāma Practice Planning Question 6.



Plan a practice which focuses on Vīrabhadrāsana and Upaviṣṭa Koṇāsana.