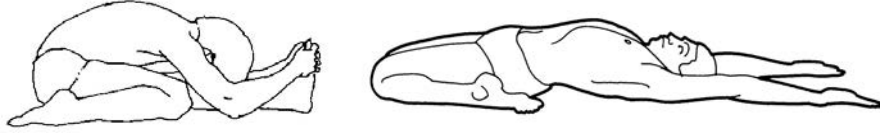


Āsana and Prāṇāyāma Practice Planning Question 8.



Plan a practice to include staying 6 breaths each side Tiryaṅmukha Ekapāda Pāścimatānāsana and staying 12 breaths in Paryāṅkāsana.