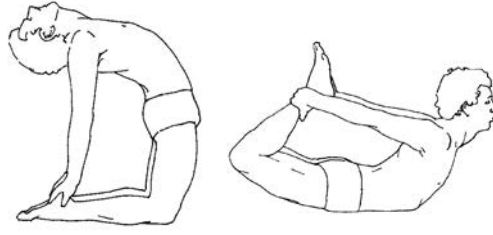


# Āsana and Prāṇāyāma Practice Theory Question 1.



Compare the function, application and risks for Uṣṭrāsana and Dhanurāsana.