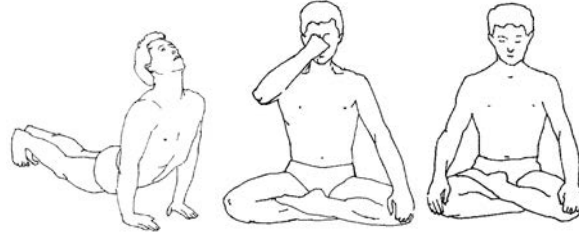


Āsana and Prāṇāyāma Practice Theory Question 3.



Develop the concepts of Sṛṣṭi, Sthiti and Antya Krama.
What is their significance in relationship to the practice of Āsana?

Reading Suggestion: [Medicine_Mastery_and_Mystery.pdf](#)