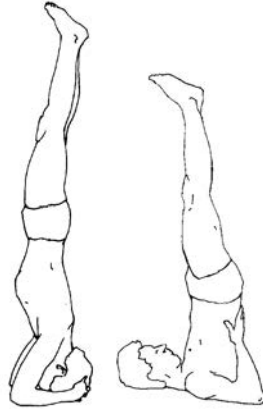


Āsana and Prāṇāyāma Practice Theory Question 4.



What are the Haṭha Yoga principles that inform the viniyoga of inverted Āsana?

What are the criteria that determine whether or not a practitioner should, even if they can, practice these postures?

What are the means of verifying this?