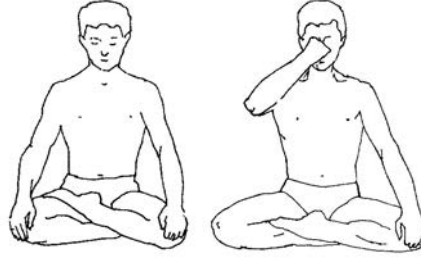


Āsana and Prāṇāyāma Practice Theory Question 7.



What are Kapālabhāti and Bhastrikā?
Compare and discuss their effects on Prāṇasthāna and Apānasthāna.