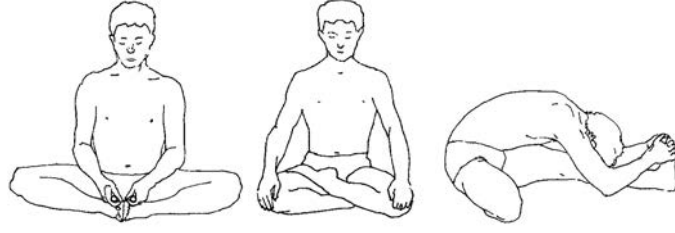


Āsana and Prāṇāyāma Practice Theory Question 9.



Compare and discuss the effects of Samavṛtti and Viṣamavṛtti breathing ratios on Prāṇasthāna and Apānasthāna.