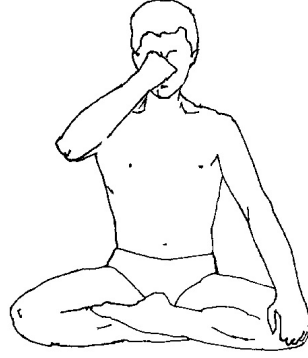


# Aṣana Mudrā and Prāṇāyāma Practice Theory Planning Question



Discuss the different aspects of Vinyāsa Krama involved in the Viniyoga of Prāṇāyāma.