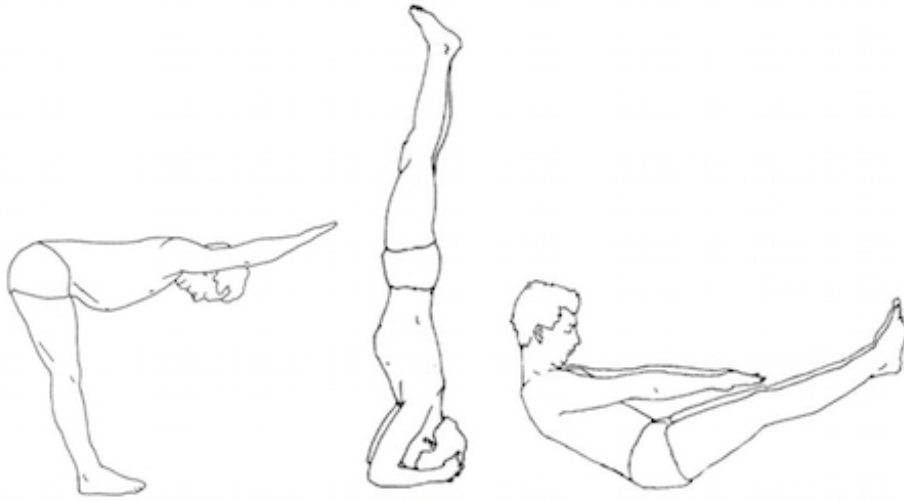


Āsana Mudrā and Prāṇāyāma Practice Planning Question



Plan an Āsana practice to include:

1. Ardha Uttānāsana – Stay 8 Breaths
2. Śīrṣāsana – Stay 20 Breaths
3. Navāsana – Stay 8 Breaths