

## Āsana and Prāṇāyāma Practice Planning Question



Plan an Āsana practice to include:

1. Jaṭhara Parivṛtti – Stay 8 breaths each side
2. Uttāna Pādāsana – Stay 8 breaths
3. Viparīta Daṇḍāsana – Stay 8 breaths

A question given it me by TKV Desikachar during our 121 lessons in 1980 when learning Āsana practice planning skills.