

Āsana and Prāṇāyāma Practice Planning Question



Plan an Āsana practice to include:

1. Śalabhāsana - Repeat 12 times
2. Tiryāṅmukha Ekapāda Paścimatānāsana - Stay 6 breaths each side
3. Paryāṅkāsana - Stay 12 breaths