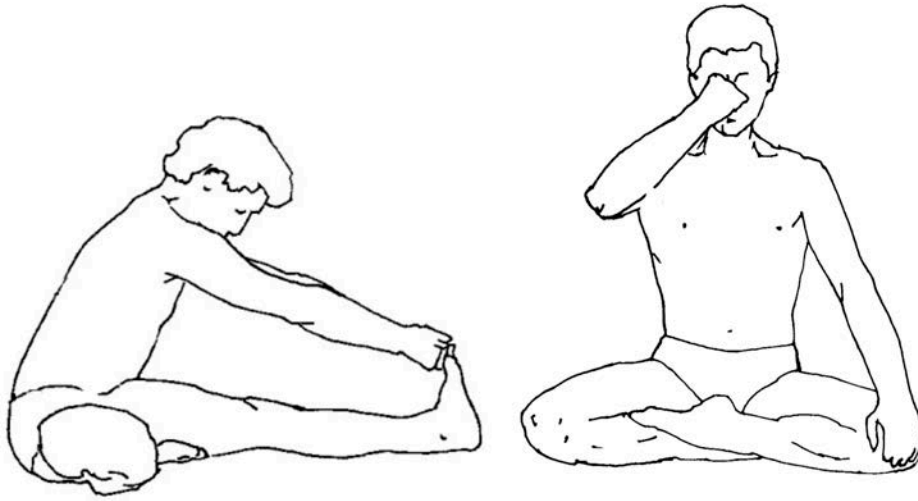


Practice Study Question around Mudrā and Prāṇāyāma
Planning Theory:



Propose a 50' practice to experience the link between Mudrā and Prāṇāyāma.