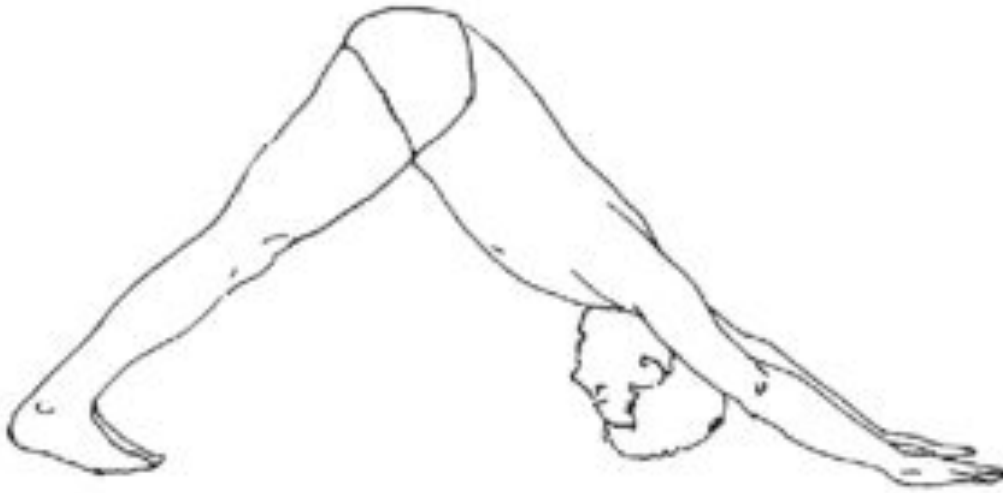


Practice Study Question around Āsana Planning Theory:



Identify a minimum of two modifications of preparatory [Āsana](#) which can be used to make Adho Mukha Śvānāsana more effective.