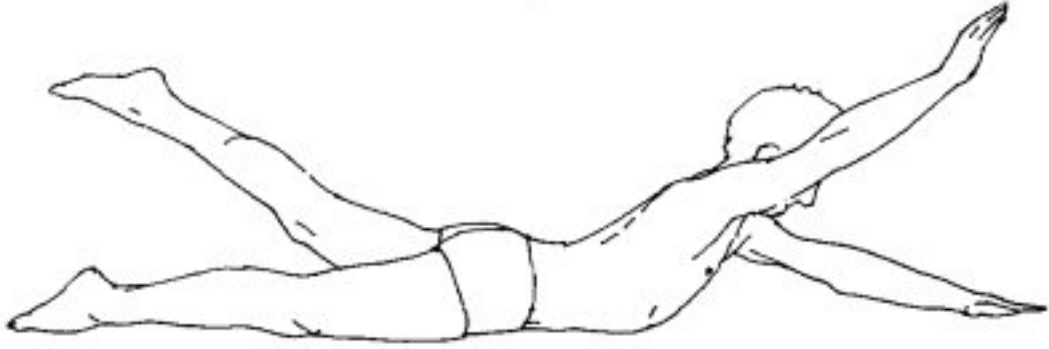


Practice Study Question around Āsana Planning Theory:



Identify and illustrate four key Āsana to help prepare for Ardha Śalabhāṣana.