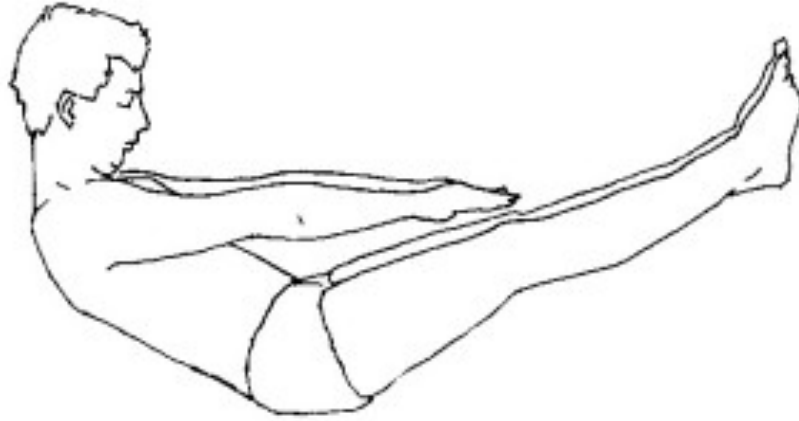


Practice Study Question around Āsana Planning Theory:



Identify a minimum of two variations of preparatory Āsana which can be used to make Navāsana more accessible.