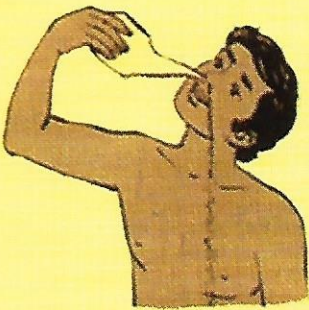
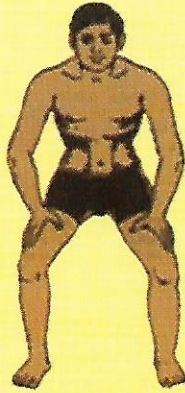


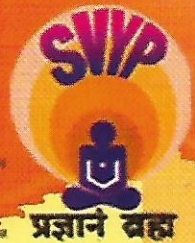
# YOGA



Dr R Nagarathna

Dr H R Nagendra

BREATHING PRACTICES, ĀSANAS, PRĀNĀYĀMA,  
MUDRAS, BANDHAS & KRIYAS, MEDITATION



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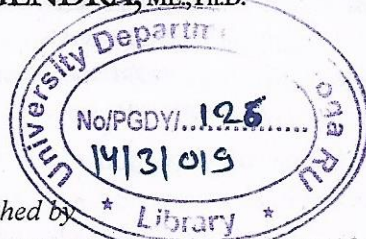
# YOGA

(Practices - Breathing Practices &  
Prānāyāma, Sithilikarana & Āsanās,  
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OM & Cyclic Meditations &  
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