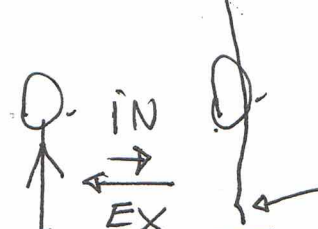
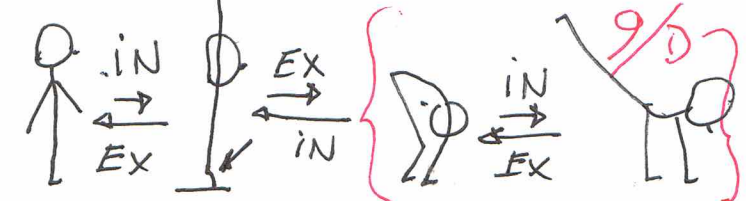



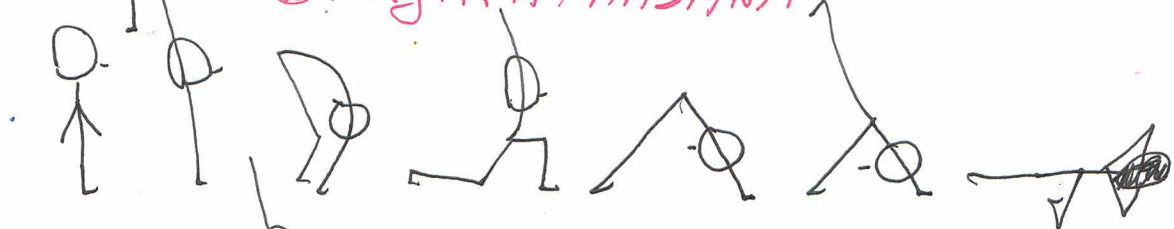
1.   $4x \frac{IN}{\downarrow} \frac{RP}{4} \frac{EX}{4} \frac{RV}{\downarrow}$


2.   $4x = 4.0.4.0$   
 $4x = 4.0.4.4$

3.   $4x \ 4.0.4.0.$   
 $6x \ 4.4.4.4.$


4.   $5x \ 4.4.4.4$

5.   $2x \ 4RST \ 4.4.4.4/c$   
**BhagIRATHĀSANA**

6.   $2x \ 4.4.4.4$

7.   $5x \ 9\delta. \text{alturner}$

8.  C.P.  $6\text{à}8x$

9.   $4.0.4.4$   
 $4.0.6.2$   
 $4.0.8.0$  } Prānāyāna