

#2 Mardi (PM) h-2014

1.  Nadi-Sodhana 6R RP-

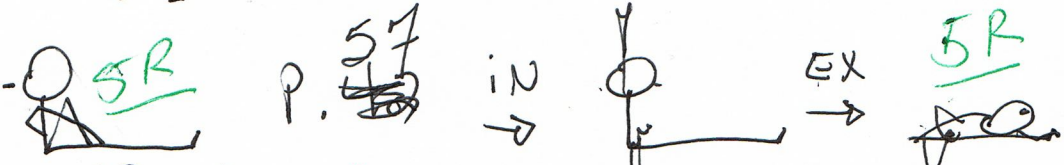
2.  5 a 10 minutes

3.  $\left(\frac{G}{D}\right)$ 2x dyan + 1x 5R/c

3.  2x dyan + @ wa 5AOR (b) = 5R

4.  5RST

5.  5RST

6.  5R P. 57 IN EX 5R P. 43

 C.P. → Prānāyama 6R PV.

7. INVERSION 5RST 8. C.-P.

9.  10.  EX IN