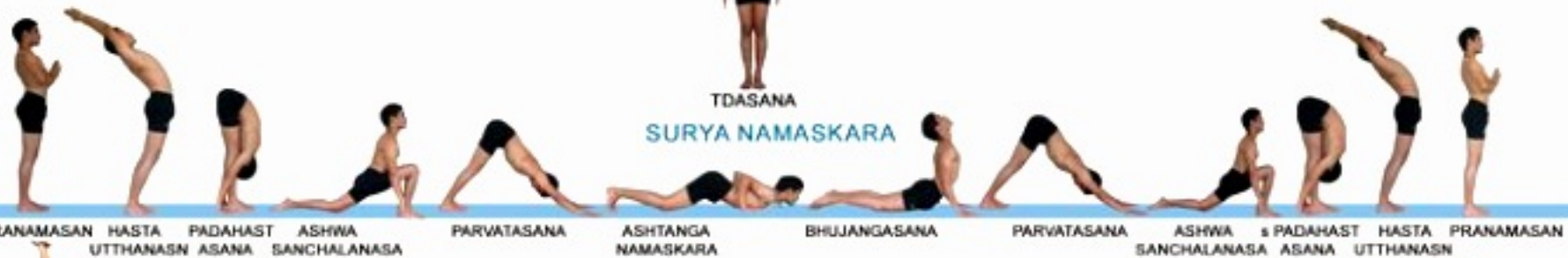


HATHA YOGA ASANA SEQUENCE

BY MASTER PRASHANT JAKHMOLA (BREATH - 5 to 8 BREATH IN EACH POSTURE)



TADASANA
SURYA NAMASKARA



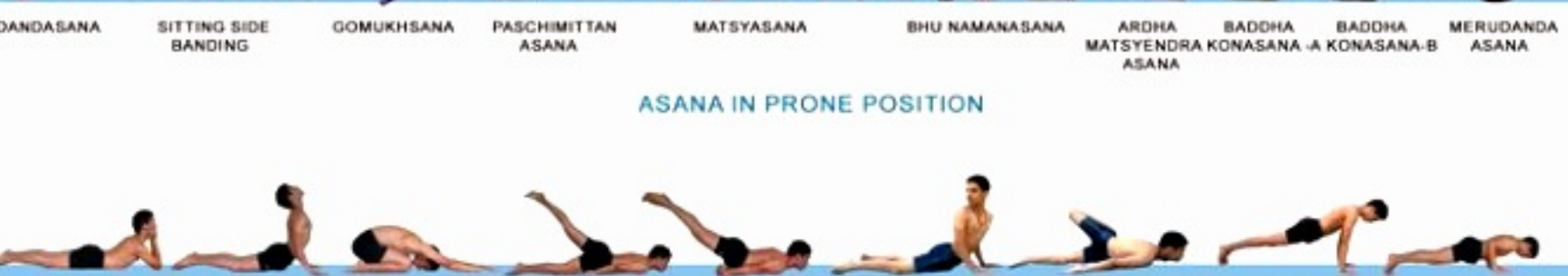
STANDING ASANA



KNEELING ASANA



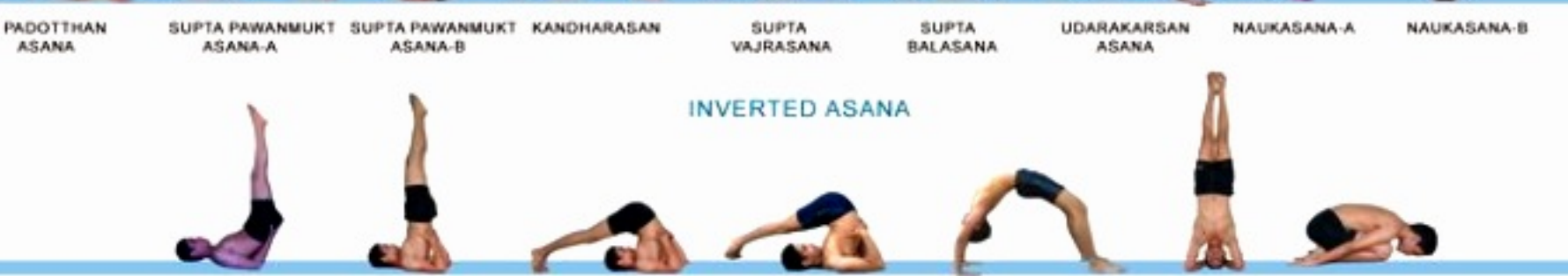
SITTING ASANA



ASANA IN PRONE POSITION



ASANA IN SUPINE POSITION



INVERTED ASANA