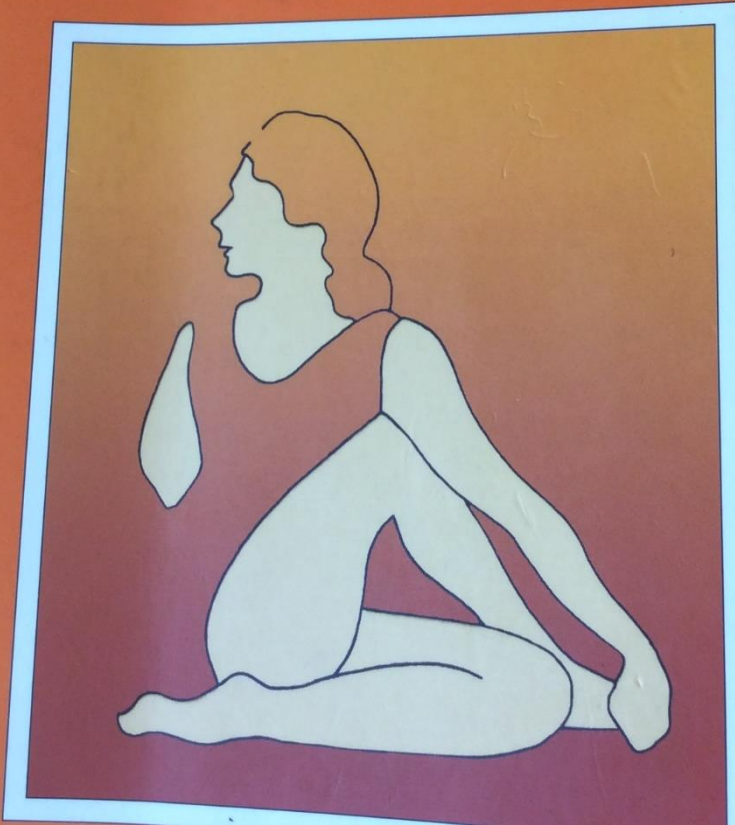


Asana Pranayama Mudra Bandha

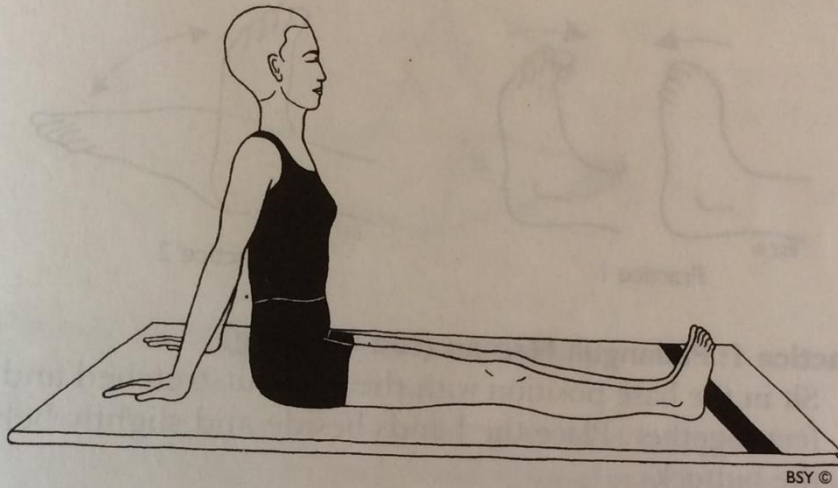
Swami Satyananda Saraswati



Pawanmuktasana Part 1

ANTI-RHEUMATIC GROUP

PRARAMBHIK STHITI



Prarambhik Sthiti (base position)

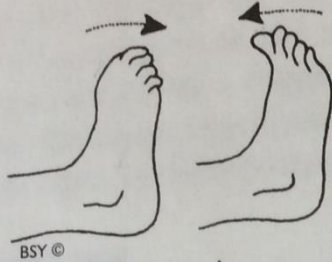
Sit with the legs outstretched, feet close together but not touching.

Place the palms of the hands on the floor to the sides, just behind the buttocks.

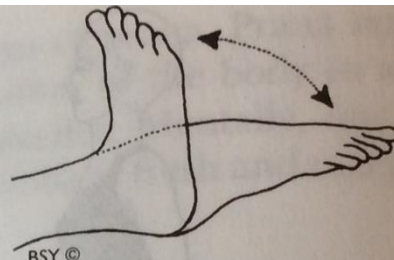
The back, neck and head should be comfortably straight. Straighten the elbows.

Lean back slightly, taking the support of the arms.

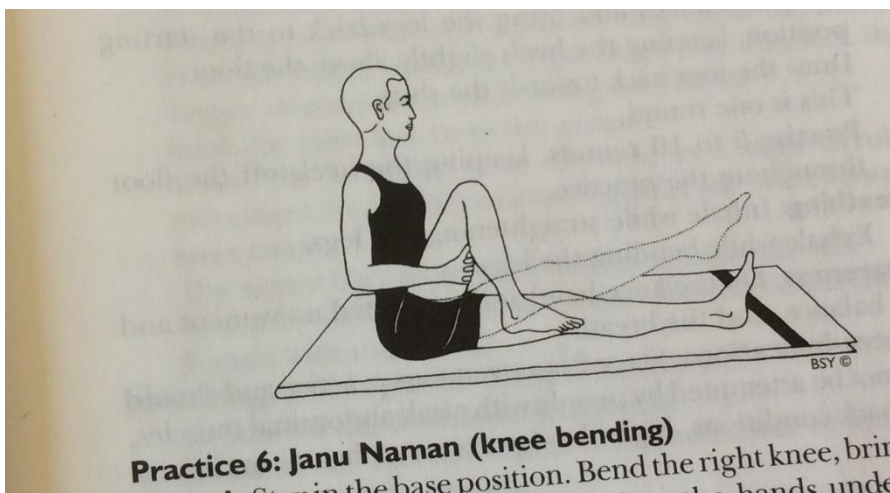
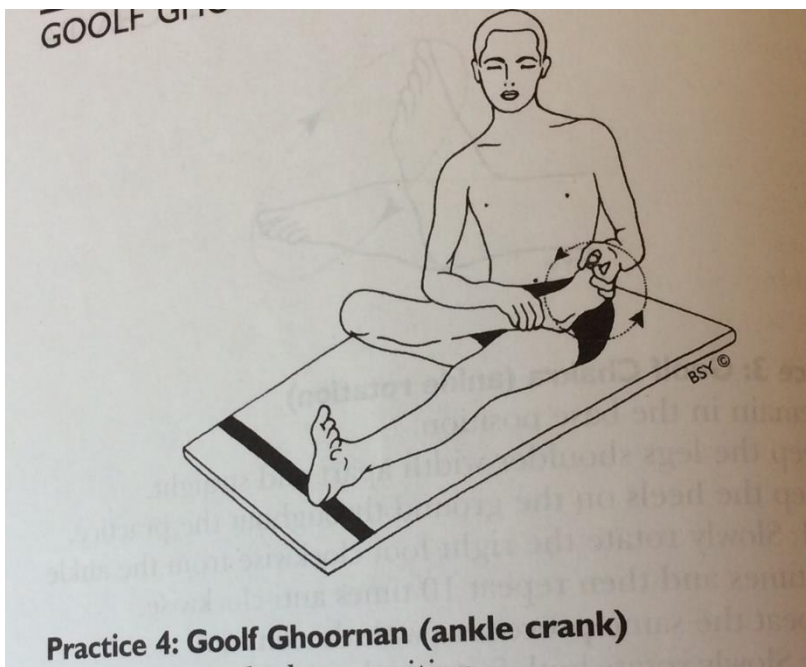
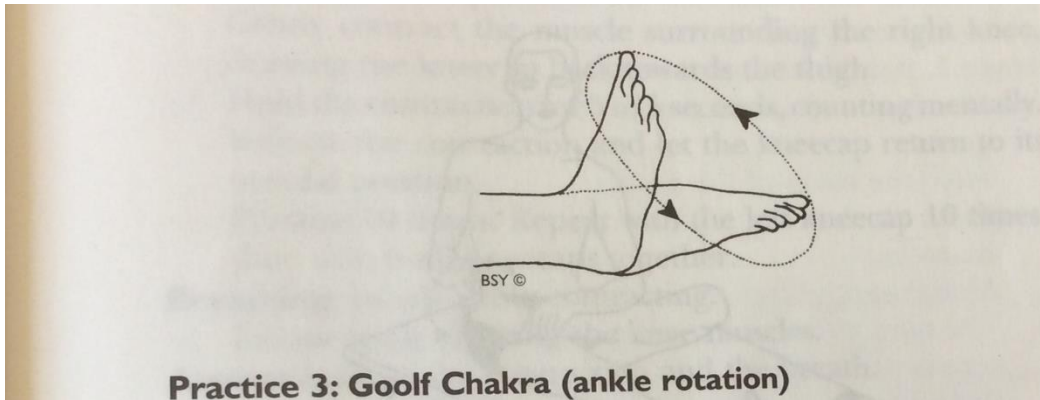
Close the eyes and relax the whole body in this position.

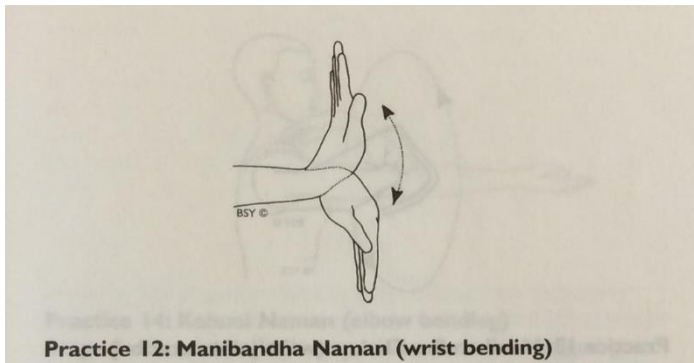
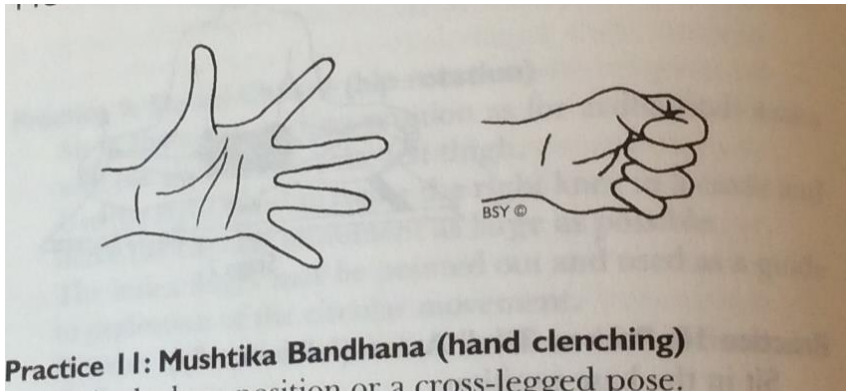
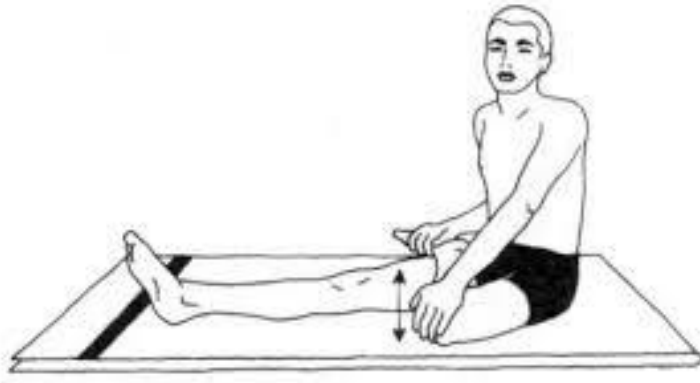


Practice 1

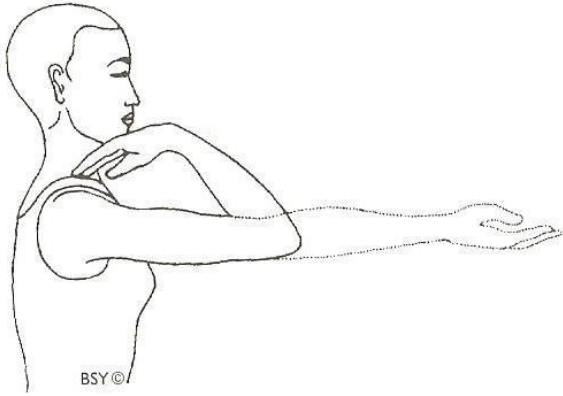


Practice 2

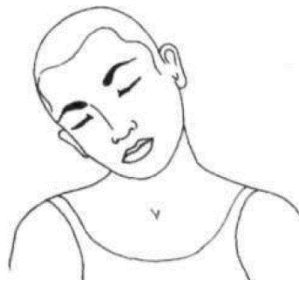
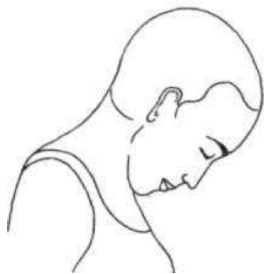


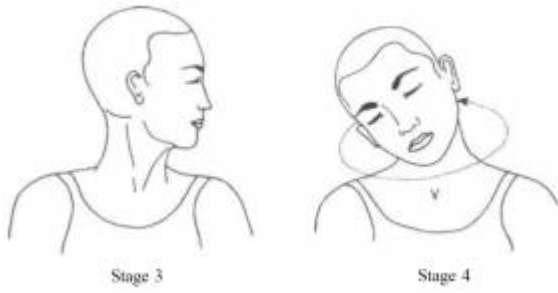


KEHUNI NAMAN



SHANDHA CHAKRA





Seat with your legs crossed , hands together in

UTTARABODHI MUDRA

(Mudra of the highest enlightenment)

