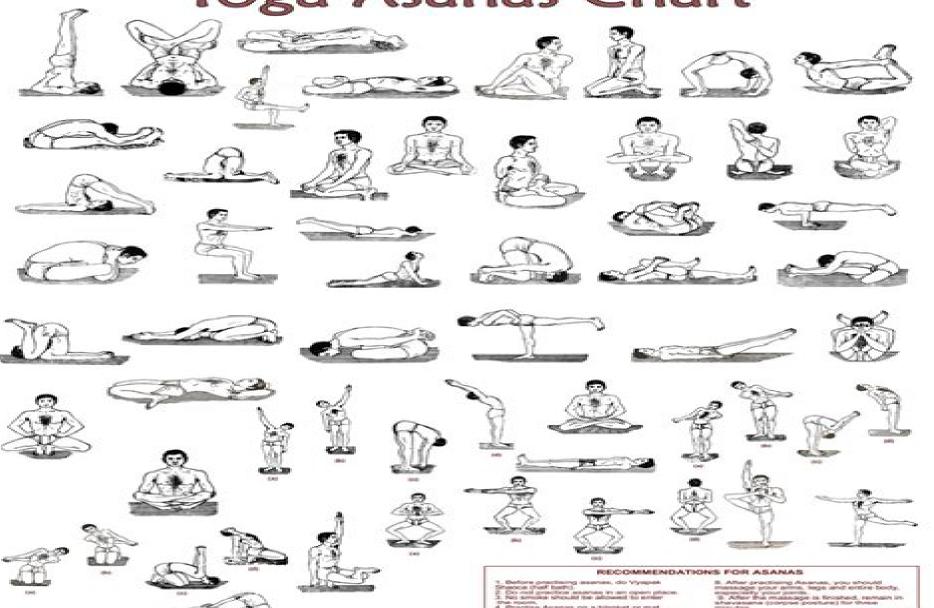
Ananda Marga Yoga Asanas Chart



- Practice Assesses only when the breath is saring through the fulf most is or both most in. Take Bartolike (Berdemi) that Do not practice Assesse on a full belly is prohibited to practice Assesse for two and half to three frours effer solving.

Teaching Asanas An Ananda Marga Manual For Teachers

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