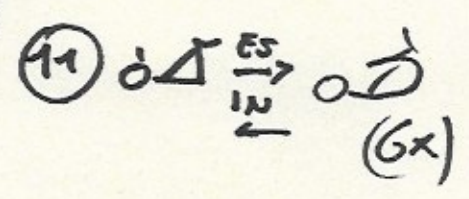
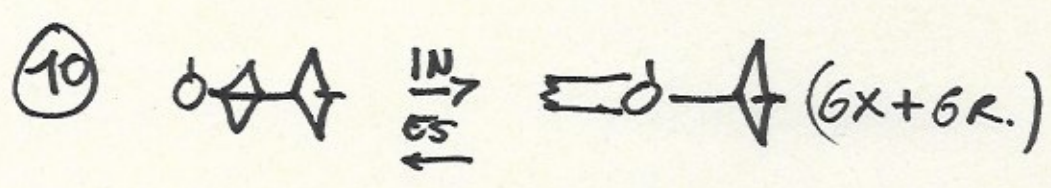
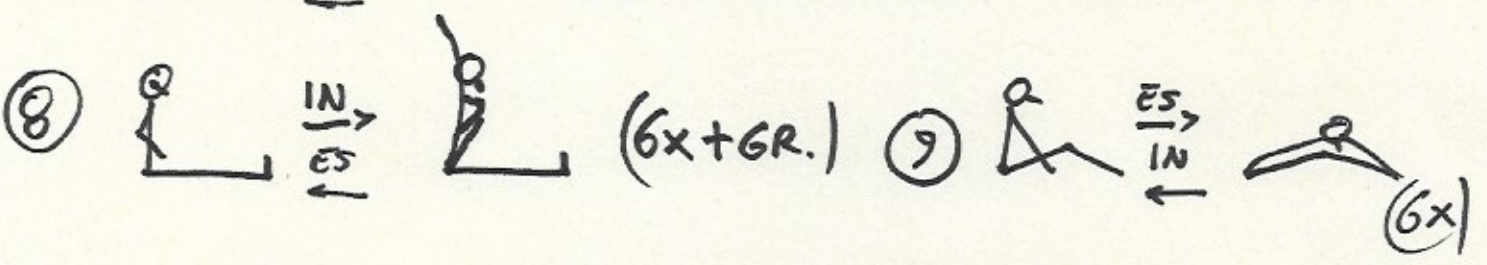
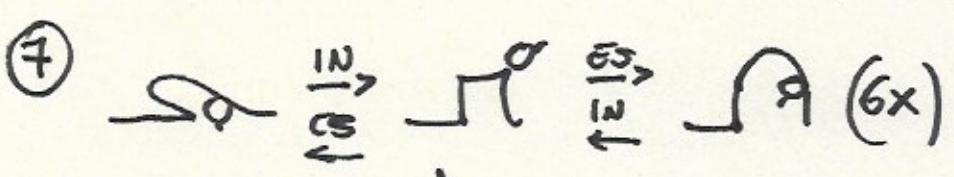
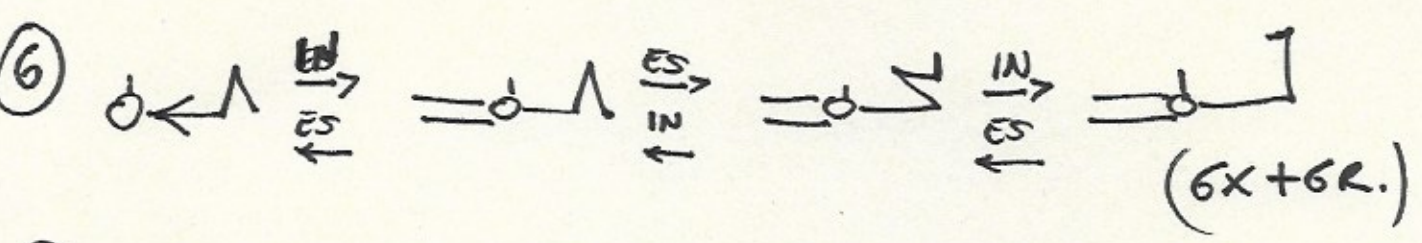
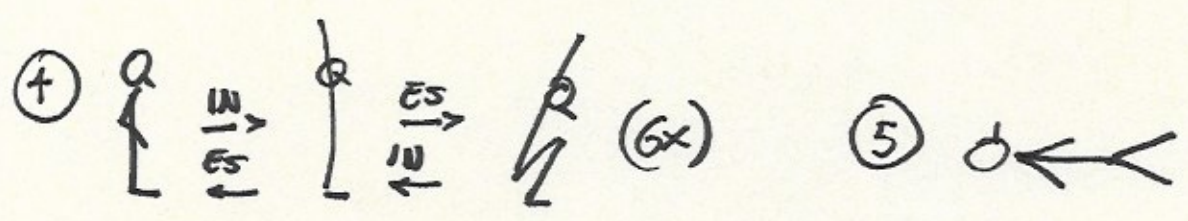
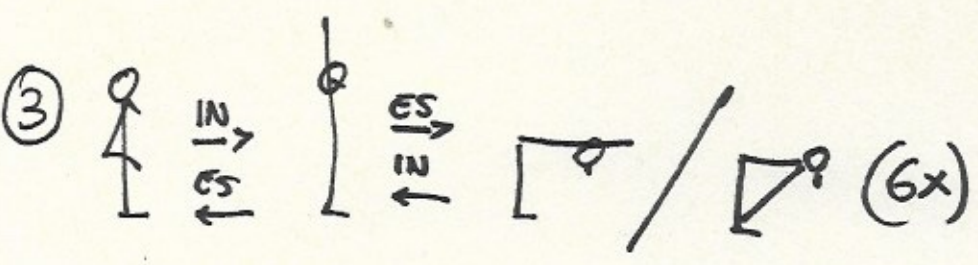
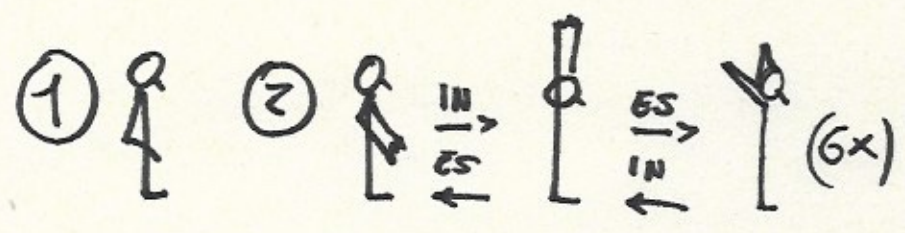



20/5/2018

### ③ DANDĀ - REKHA

BRĀVANA:  
JĀLANDHARA BANDHA



⑫  NĀDĪ - ŚODHANA  
PRĀNĀYĀMA  
12 R. RITRO LIBERO