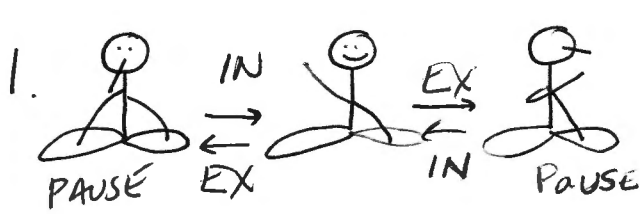


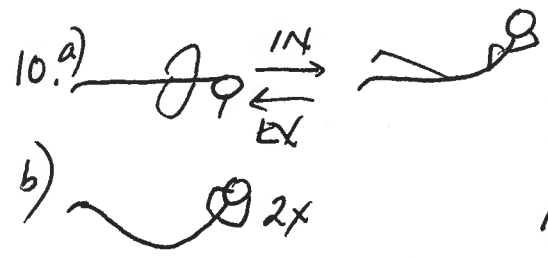
2015

TWISTING - NADI SOOHANA PRANAYAMA

ARM, LEG

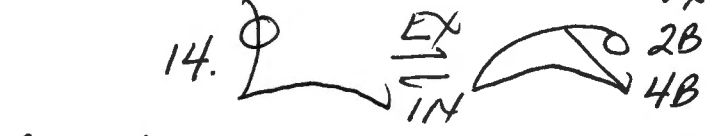
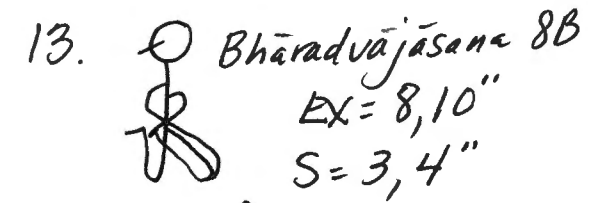
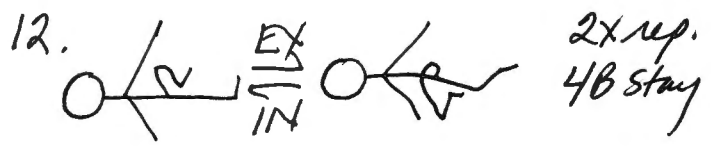
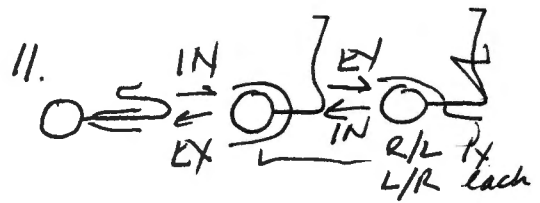
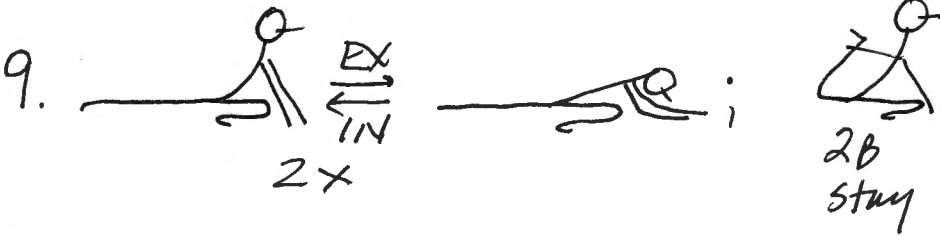
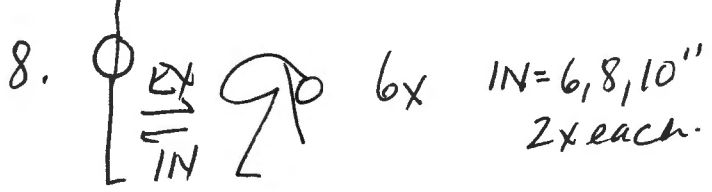
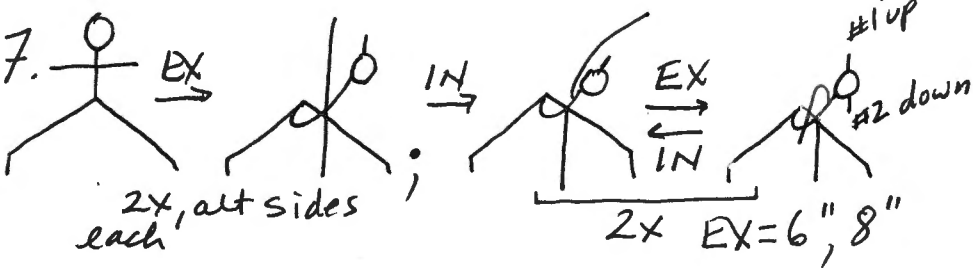
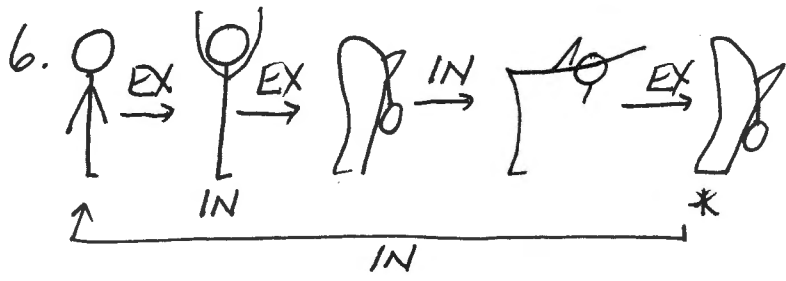
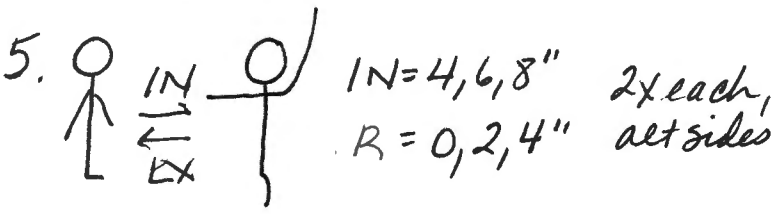
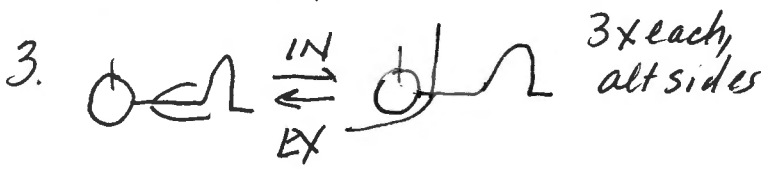
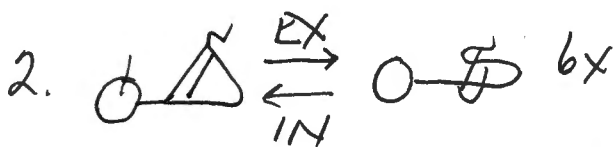


2-3x each, alt. sides

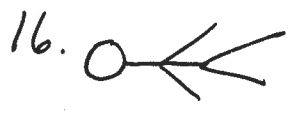


R	R
L	L
R	L
L	R

1x each



2x each, alt arms  
\* = Stay 1B, 2B



a) KAPALABHATI  
18 → 3 long  
36 → 6 long  
54 → 9 long

b) NADI SOOHANA

IN	R	EX	S	#
6	2	6	2	2x
9	3	9	3	2x
12	4	12	4	4x
8	0	8	0	2x

