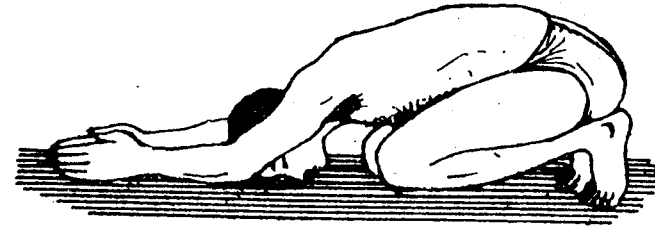


Bhu'jaṅga'sana

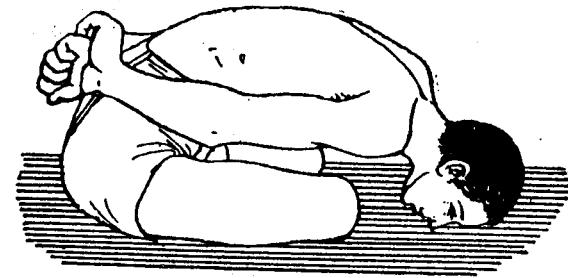
(20) Bhu'jaṅga'sana (snake posture): Lie down on your chest. Supporting the weight on the palms, raise the chest, directing your head backward. Look at the ceiling. Breathe in while rising, and after having risen, hold your breath for eight seconds. Come down to original position while breathing out. Practise eight times.

(25) Ardhakurmaka'sana (half tortoise posture) or Diirgha Praṇa'ma (long bowing posture): Kneel down, and holding the palms together, extend the arms upward, keeping them close to the ears. Then bend forward in a

posture of bowing down touching the floor with the tip of the nose and the forehead. The buttocks must continue to touch the heels. While bending down breathe out and stay in a state of complete exhalation for eight seconds. Then rise up, breathing in. Practise eight times.



Ardhakurmaka'sana or Diirgha Pran'a'ma



Yoga'sana or Yogamudra'

(26) Yoga'sana or Yogamudra (Yoga posture): Sit in Bhojana'sana. Pass both hands backward and grip the left wrist with the right hand. Then bring the forehead and the nose into contact with the floor, breathing out during the process. Maintain this state for eight seconds and then rise up, breathing in. Practise eight times.