



1| Pranayama



2| Ardha-Chandrasana



3| Utkatasana



4| Garbhāsana



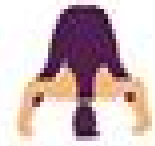
5| Dandayamāna-Janushāsana



6| Dandayamāna-Chakrasana



7| Tulāsīdāsana



8| Dandayamāna-Bhāradvāja-Pāścīmōthāsana



9| Trikōṅgāsana



10| Dandayamāna-Bhāradvāja-Janushāsana



11| Tālāsana



12| Pādmasūtrāsana



13| Sarsāngāsana



14| Pīpāsānāsana



15| Śīrṣāpāda



16| Bhujāṅgāsana



17| Śālāsana



18| Pūrva-Śālāsana



19| Chakrasana



20| Sūptā-Vajrasana



21| Ardha-Kurmasana



22| Urdhvasana



23| Śauṅghāsana



24| Janushāsana Jui Pāścīmōthāsana



25| Ardha-Mālyāndāsana



26| Khayabālī

# Basic Asanas

**Daniel F McAuley**



## **Basic Asanas:**

## Basic Asanas Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Basic Asanas**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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