



1| Pranayama



2| Ardha-Chandrasana



3| Utkatasana



4| Garbhāsana



5| Dandayama-Janushāsana



6| Dandayama-Chakrasana



7| Tulāsana



8| Dandayama-Bhāratasana-Pashchimōthāsana



9| Trikōṅāsana



10| Dandayama-Bhāratasana-Janushāsana



11| Tālāsana



12| Pādmasana



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15| Bhujangāsana



16| Bhujangāsana



17| Śalabhasana



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19| Chakrasana



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25| Ardha-Matsyendrasana



26| Khayabali

# Basic Asanas

**Guillaume Favre**



## **Basic Asanas:**

## The Enigmatic Realm of **Basic Asanas**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Basic Asanas** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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