



# योग वैद्य इन्स्टीट्यूट

The Viniyoga Healing & Research Centre

Date : ..... Regn.No. : .....

Name : ..... Class : .....

Teacher : ..... Next Class : .....

①



① IN. Long x 6 Br  
Ex. Rām Rām Rām

② IN. Long x 2 Br  
Hold - 4, 6, 8 sec each

②

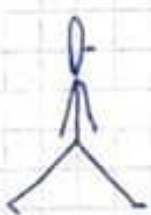


Long  
IN  
Rām 3



x 2t each.  
Hold 4, 6, 8

③



Long  
IN  
Rām 3



x 2t each  
Hold 4, 6, 8 Lt/RT

④



Ex  
IN



IN  
Rām 3



x 6 times  
Hold 4, 6, 8

⑤



IN. Long  
Hold - 8 to 10 sec  
Ex. Rām Rām Rām

⑥



IN  
Rām 3



x 6t  
Hold - 6-8 sec

⑦



Stay 3 Br  
Long IN x 2 times  
Hold 6 sec  
Ex. Rām 3



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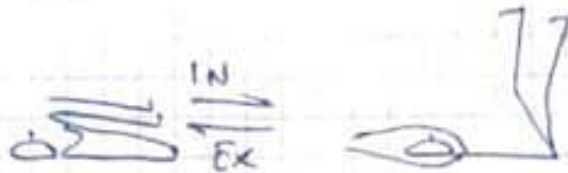
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8



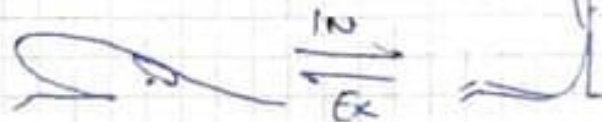
x 6 times

9



Rest. Breathing

10



Stay 3 Br x 2 times

IN. Long

Hold - 6-9 sec

EX - Rām 3

11

Repeat Rest  
as no: ①

