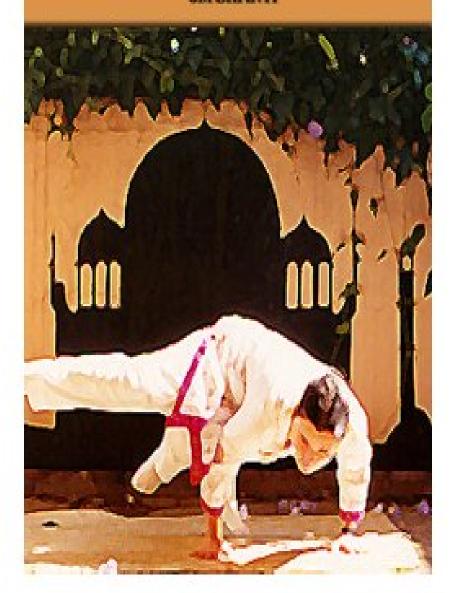
## ASANA VOLUME II

OM SHANTI





## Asana

The most complete guide on the yogic postures. How to execute them, their effect, different variations, and all the benefits you can achieve with yoga practice.

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