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2| Ardha-Chandrasana



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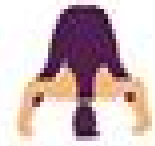
5| Dandayamana-Janushrasana



6| Dandayamana-Dhanurasana



7| Tulsiandrasana



8| Dandayamana-Bhaktakacoda-Paschimottasana



9| Trikonasana



10| Dandayamana-Bhaktakacoda-Janushrasana



11| Tadasana



12| Padmasana



13| Sarvangasana



14| Pawanmuktasana



15| Shalabha



16| Bhujangasana



17| Salabhasana



18| Purna-Salabhasana



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Basic Asanas

Camilla Rothe



Basic Asanas:

Reviewing **Basic Asanas**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Basic Asanas**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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