



11. Prāṇāyāma .Nāḍīśodhanam (klassiek) 20 AH

(1, 1/2, 1, 1/2) 4 AH

(1, 1, 1, 1/2) 4 AH

(1, 1, 1, 1) 8 AH (bandha's)

(1, 1/2, 1, 1/2) 4 AH



12. Meditatie