



Product Code . EL-YC-10038

## Paschimottanasana and Ardha Matsyendrasana Chart

### Description

#### Paschimottanasana and Ardha Matsyendrasana Chart

##### Description:-

**Materials:** Laminated Paper.

**Size:-** 50 x 75 cm.

Fitted with superior plastic rollers.

Spine becomes flexible and Elastic, the Abdominal organs- Digestive system, Nervous system are toned up.

Available in English & Hindi combined.

Laminated with thick plastic film on both sides.

Available in English only also.

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Educational Lab Equipments,  
#449, HSIIDC, Industrial Area, Saha, Haryana  
Direct Contact Details  +91-98173-19615  sales@educational-equipments.com  
 [www.educational-equipments.com](http://www.educational-equipments.com)