



Product Code . EL-YC-10043

Bandhas and Pranayam Chart

Description

Bandhas and Pranayam Chart

Description:-

Materials: Laminated Paper.

Size:- 50 x 75 cm

Laminated with thick plastic film on both sides.

Mool Bandh, Jalandhar Bandh, Uddiyan Bandh, Mahabandh. Pranayam Mudra, Lom-vilom Pranayam, Nadishodan Pranayam, Agnisar Kriya.




Available in English & Hindi combined.

Fitted with superior plastic rollers.

Available in English only also.

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