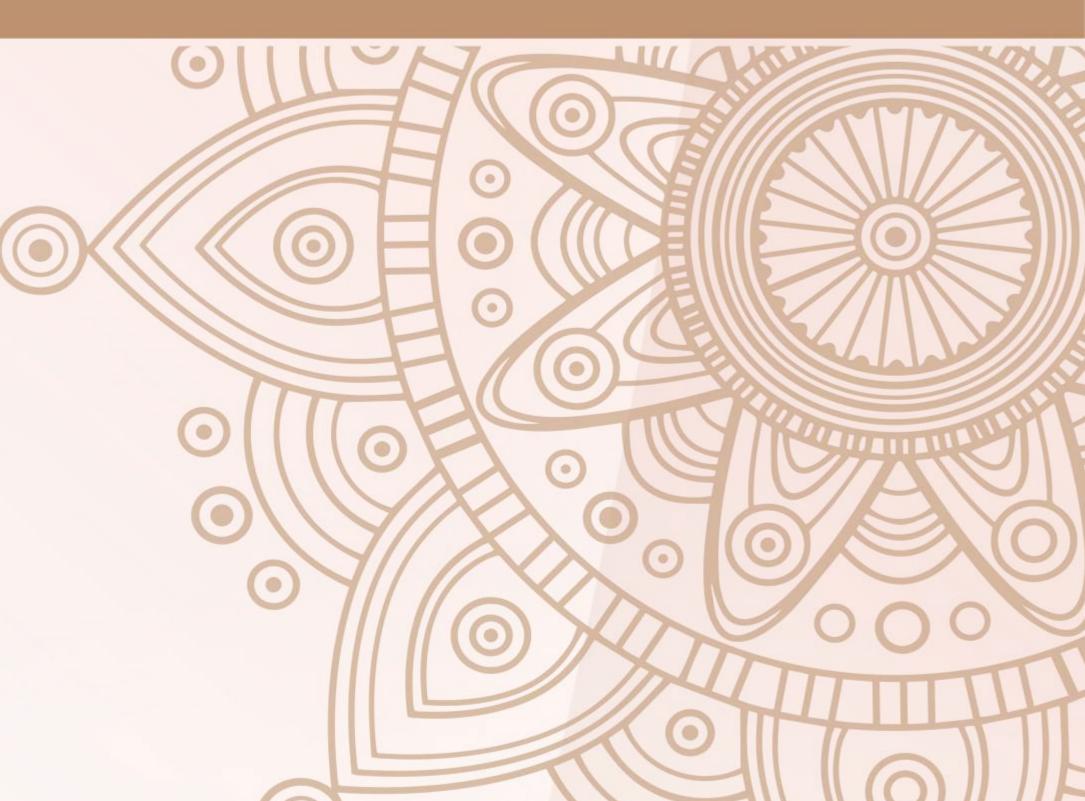


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SADILAJA/CĀLANA KRIYĀS/ LOOSENING PRACTICES

The Cālana Kriyās/loosening practices/ Yogic Sūksma Vyāyāmas enhance microcirculation and can be performed in both seated & standing positions.



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Neck Rotation

Shoulder Rotation



Trunk Twisting

Knee Movement



