



Product Code . JL-YC-3096

Bandhas and Pranayam Chart

Description

Bandhas and Pranayam Chart

Details: of this product:-

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

Size:- 50 x 75 cm

Laminated with thick plastic film on both sides

Fitted with superior plastic rollers

Available in English & Hindi combined

Available in English only also

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