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Day, At Mealtime, The World Honoured One Put On His
Robe, Took His Bowl, An Feb 15th, 2024Astanga
Hridaya Sutra Sthan - Planet AyurvedaLord Brahma,
Remembering Ayurveda, Taught It To Prajapathi, He In
Turn Taught It To Ashwini Kumaras (twins), They
Taught It To Sahasraksa (Lord Indra), He Taught It To
Atri's Son (Atreya Punarvasu) And Other Sages, They
Taught It To Agnivesa And Others And They (Agnivesha
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Yoga Series (originally There Were Six Sequences Of
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Ashtanga List Of Primary Series Postures Forward Fold And Holding
Foot Variations. Surya Namaskar A Surya Namaskar B
STANDING POSTURES 1. Padangusthasana (big Toe
Pose) 2. Pada Hastasana (hands Under Feet) 3.
Trikonasana (triangle) 4. Parivritta Trikonasana
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