
Surya Namaskara A Technique Of Solar Vitalization

surya namaskar 12 postures of surya namaskar - surya namaskar 6 mantras: there are 12 mantras with four parts to each mantra. the first part is the chanting of aum, the second part is the chanting of a 'bija mantra', the third part is a part of a rik from the rig **yoga - national council of educational research and training** - the national council of educational research and training (ncert) takes the pride of contributing through this book entitled yoga: a healthy way of living meant for school

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