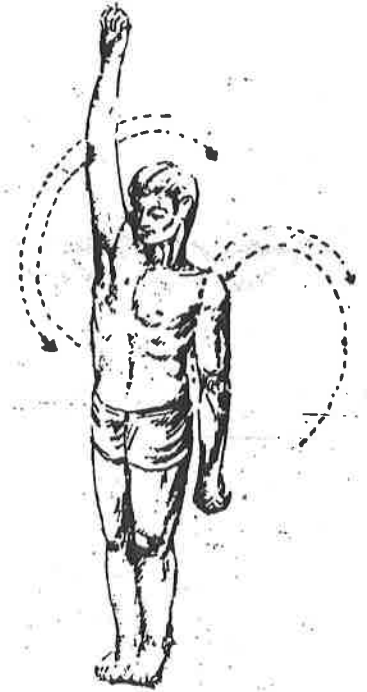


यौवन तत्व के साधन

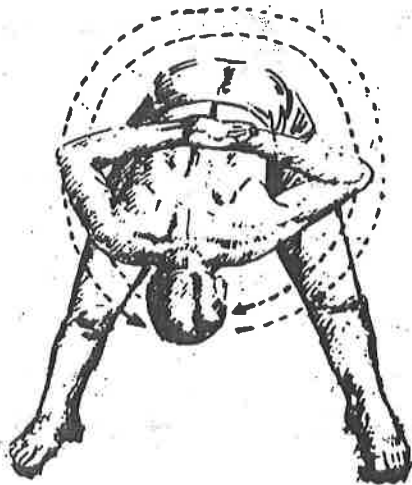
YAUVAN TATTVA



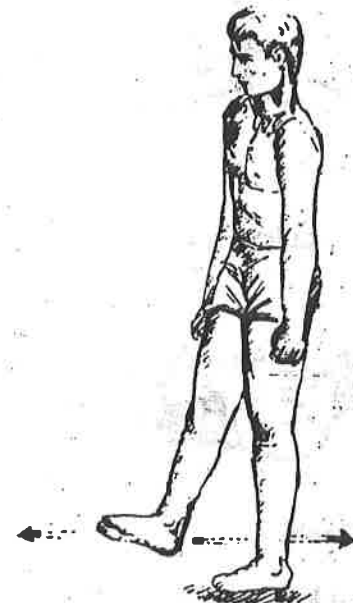
1. ग्रीवा चक्र
1: GRIVA CHAKRA



2. भुजा चक्र
2. BHUJA CHAKRA



3. कटिचक्र
3. KATI CHAKRA



4. जंघा चालन
4. JANGHA CHALAN

योगसन जीवन तत्व

JEEVAN TATV KE ASAN



1. Sarvottan (Stretching While Lying Down)



2. Sakandh Chalan (Shoulder Rotation)



3. Pag Chalan (Foot Swings)



4. Nabhi Chalan (Naval Swings)



5. Nadi Chalan
(Arm Swings with legs spread out while sitting)



6. Janu Prasar (Knee Swings)



7. Bal Machalan
(Crying Baby-like body movements)



8. Shav Asan