

PRANAYAMA YOGA ASANA

A person is shown in silhouette, performing a yoga asana (likely Bhujangasana or Cobra) on a beach. The sun is setting over the ocean, creating a bright orange and yellow glow. The person's hands are pressed together in a prayer position (Anjali Mudra) above their head. The background is a serene sunset over the water.

Control, Cultivate and Modify
your Inner Energy

ANAND GUPTA

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