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Day 2(English)

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Day 3(English)

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Day 4(English)

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Day 5 (English)



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Day 6 (English)

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Day 7 (English)



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Day 8 (English)

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Day 9 (English)

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Day 10 (English)

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PARAJI DESAI NATIONAL INSTITUTE OF YOGA
Day 11 (English)

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Institute of Yoga & Health



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MORARJI DESAI

Day 12 (English)



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AFTER THE PRACTICE

- *Bath should not be taken immediately after pranayama. It may be taken after 30 minutes*
- *Food should not be taken immediately after performing pranayama. Light food may be taken only after 15 to 30 minutes of the yoga session*
- *Always end the session with prayer and shanti path*

Website: www.yogamdny.nic.in, Facebook: www.facebook.com/mdniyayush, Twitter: twitter.com/mdniy



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Director of Yoga, Govt. of India



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Day 13 (English)



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