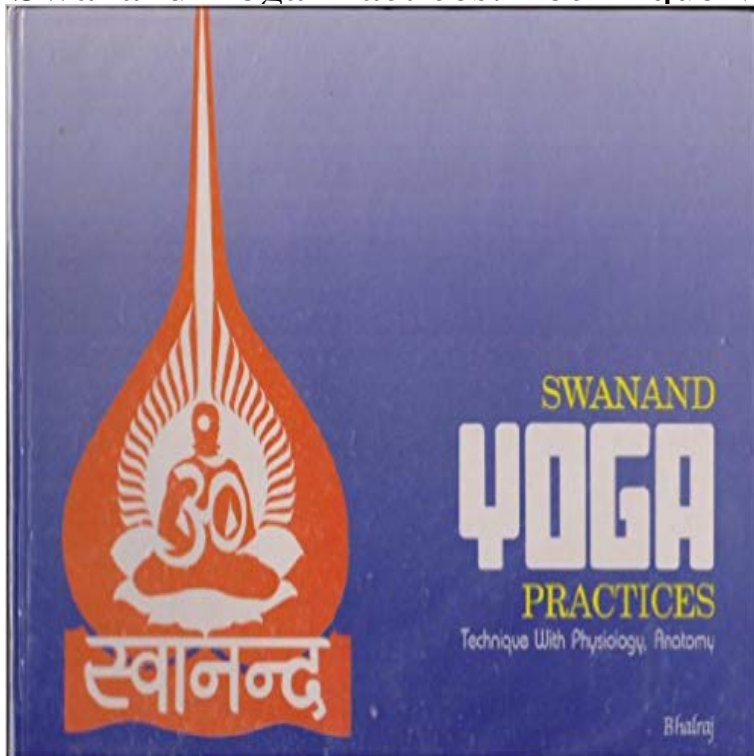


Swanand Yoga Practices: Technique With Physiology and Anatomy



A type of yoga formulated by Bhalraj Nhavkar in association with medical practitioners. His method is based on scientific methods.

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