



6  
parivrtta parshvottasana  
☺ sky



7  
prasrita padottasana A  
☺ nose



8  
prasrita padottasana B  
☺ nose



9  
prasrita padottasana C  
☺ nose



10  
prasrita padottasana D  
☺ nose



14  
ardha baddha  
padottasana  
☺ nose



17  
uttanasana  
☺ thumbs



18  
bhujangasana\*  
☺ straight  
☺ optional

2



19  
virabhadrasana A  
(left and right)  
☺ thumbs



20  
virabhadrasana B  
(left and right)  
☺ tip of middle finger

# Yoga Asanas

**Michal Rosen-Zvi**



**Yoga Asanas:**

## **Yoga Asanas** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Yoga Asanas**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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