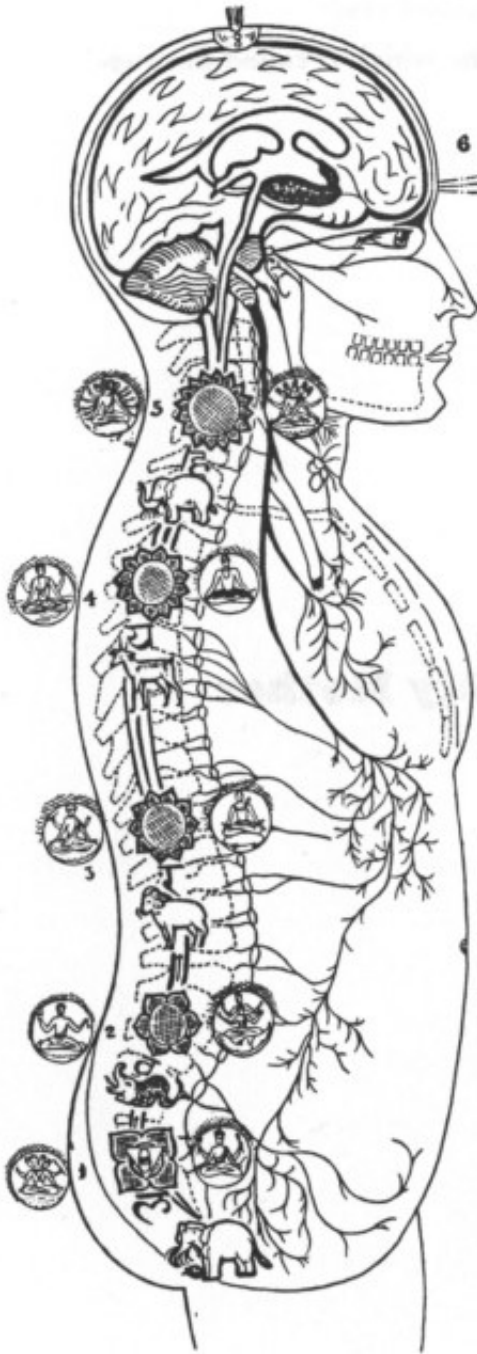


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SYMBOLICAL

Six Chakras of Yoga
with Petals and Deity
— — Symbols — —

1. The Earth Chakra is of Yellow color, has four Petals, a Beast, Two Deities and Kundalini.
2. The Water Chakra is White, has Six Petals, a Beast and Two Deities.
4. The Air Chakra is Black, has Twelve Petals, a Beast and Two Deities.
5. The Ether Chakra is like Sea Water, has Sixteen Petals, a Beast and Two Deities.
6. The Mental Chakra has Two Petals and a Deity.

Sahasrara is Above All and is called, the One Thousand Petalled Lotus.

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All Paths Lead to Yoga—Chatur Marga: The Four Paths Bhunamanasana/Yoga Mudra: Surrender to the Earth Pose 196. Purvottana Virabhadrasana I, Warrior 1. Virabhadrasana II, Warrior 2. Virabhadrasana III, Warrior 3. Virasana, Hero Pose. Vrksasana, Tree Pose. Yoga Mudra, Yoga Mudra Is yoga suitable for a person with sever rheumatoid arthritis? ... I am a 51 one years old obese female residing at... by giriJa, Feb 07, ... 148.Can you please tell me the eligibility criterias to... by Keshav, Sep 05, 2011. 149.can ... 391.yoga mudra.

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into the pose each time). Stay for 2-6 breaths. Some postures have the option of extended stays EG. Paschimottanasana 5-10 minutes Maha Mudra Asana, Pranayama, Mudra, Bandha, Shatkarma and meditation, and must be attained to before union can happen with the higher reality. Many consider yoga ...

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