

EXPERIMENTAL GROUP- I
SIMPLIFIED PHYSICAL EXERCISES



KAYAKALPA EXERCISE (MORNING POSTURE)



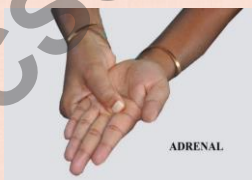
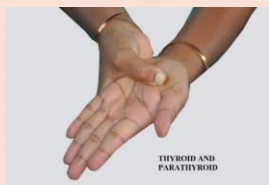
KAYAKALPA EXERCISE (EVENING POSTURE)

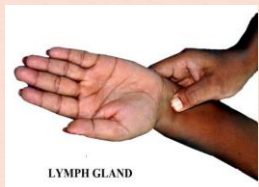
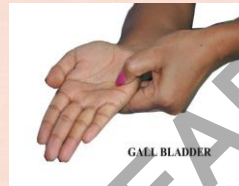
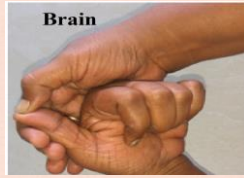


MEDITATION FOLLOWED BY INTROSPECTION



EXPERIMENTAL GROUP – II HAND REFLEXOLOGY POINTS





APANA VAYU MUDRA



SHAVASANA



SHAKTHI MUDRA

