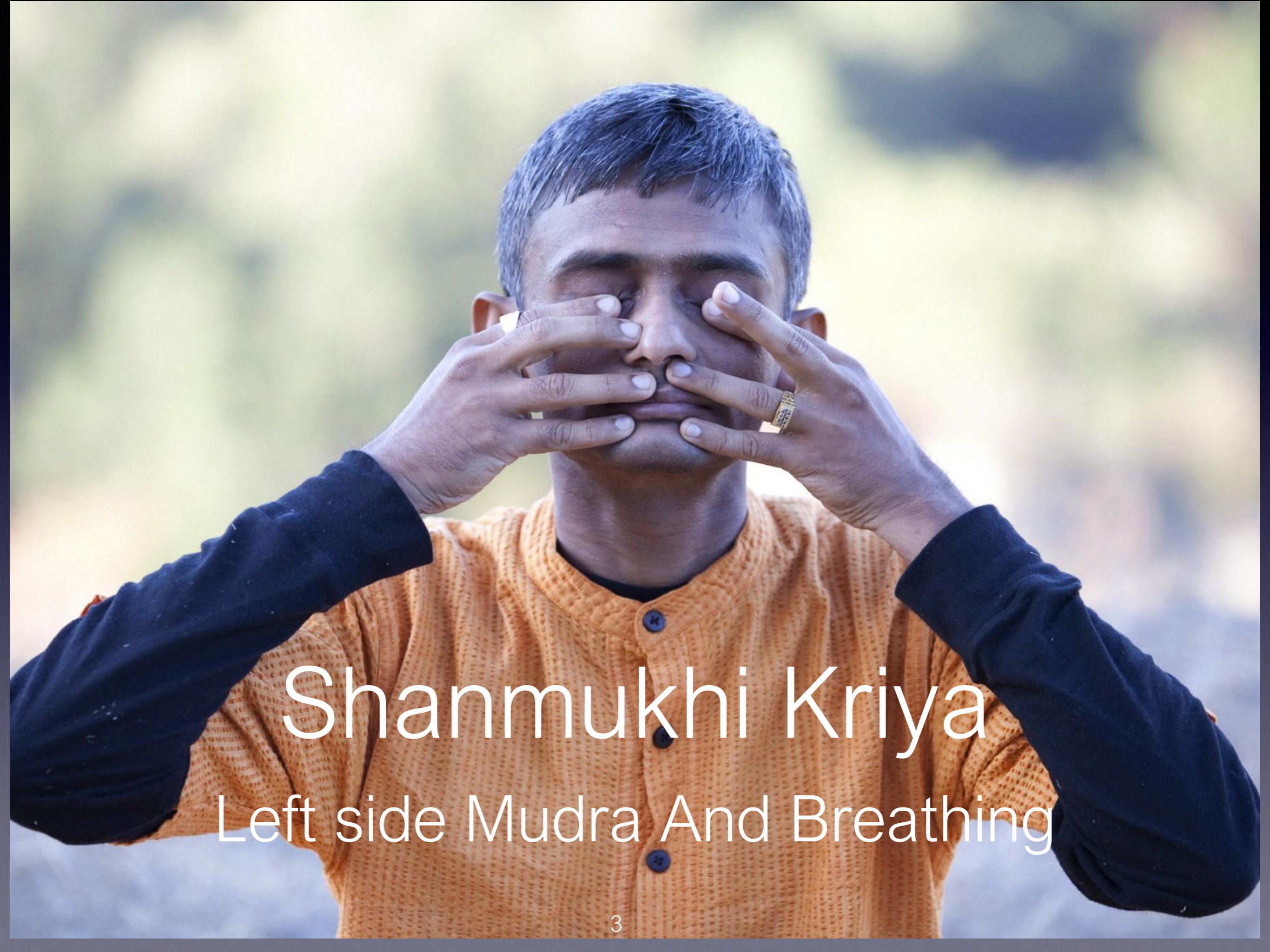




Shanmukhi Kriya
Brathing from one Nostril and exhaling from the same with
Humming sound



Shanmukhi Kriya
Right side Mudra



Shanmukhi Kriya

Left side Mudra And Breathing