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Surya Namaskar (SN) Is An Integral Part Of Modern Yoga Training.¹⁵ Surya Namaskar Is A Set Of 12 Asanas (postures). These Alternating Backward And Forward Bending Postures Flex And Stretch The Spinal Column Through Maximum Range Therefore Giving A Profound Stretch To The Whole Body.¹⁶ There Are Numerous Effects Of Surya Namaskar Feb 15th, 2024

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