



Ramāmaṇi Iyengar Memorial Yoga Institute

GET PRASHANTJI HOME THROUGH PRASHNAYANTRA

An application that generates and sends
Yoga Practice Statements
With Guidelines

"Establish a breath cycle, and do all actions and corrections so that the breath cycle remains absolutely undisturbed, as you do Shirshasana Variations"

– An example Prashnayantra practice statement

To join the email group, write to Srineet at
srineet+prashnayantra@gmail.com

To learn more, visit prashnayantra.appspot.com