

Sadhaka Report for Krishna

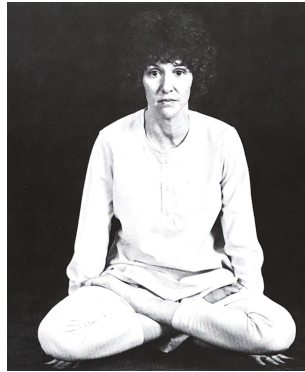
Sadhaka: Krishna

Cardio

Tolasana

Duration: 10

Special instructions: Remember to keep your spine straight and align your body. Focus on your breathing.testetst



Description:

Sit in padmasana.

Place the palms on the floor, fingers pointing forward.

Raise the body and balance on the hands. Hold for 2-5 seconds.

Repeat with the opposite leg on top.

Sadhaka Report for Krishna

Trikonasana

Duration: 20

Special instructions: Try to let go of all the tension in your body. Breathe naturally and calm your mind.



Description:

Stand with the head, neck, and trunk in a straight line, legs three feet apart. Inhaling,

slowly raise the arms to shoulder level with the palms facing downward.

Twist the trunk to the right. Exhaling, bring the left hand to the inside of the

right foot, keeping the arms and the legs straight. The arms remain in line with

each other, and the right arm extends straight up. Look up and back at the right

hand.

Breathe evenly; hold for 20 seconds.

Inhaling, slowly return to a standing position.

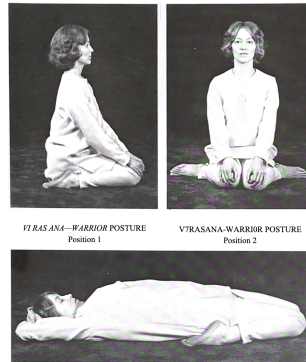
Repeat, bringing the right hand to the inside of the left foot.

Sadhaka Report for Krishna

Virasana

Duration: 15

Special instructions: Ensure your hands and feet are firmly placed on the mat. Try to keep your heels grounded.



Description:

Position 1

Sit in a kneeling position with the knees together and feet beside the body so that

the buttocks rest on the floor. Keep the head, neck, and trunk straight.

Breathe evenly; hold for 30 seconds.

Position 2

Keeping the knees together, turn the feet outward so that the toes point away from

the body.

Breathe evenly; hold for 30 seconds.

Sadhaka Report for Krishna

Trikonasana

Duration: 23

Special instructions: sadfasdfsdaflksdaf asldfalskdflskajdf



Description:

Stand with the head, neck, and trunk in a straight line, legs three feet apart. Inhaling,

slowly raise the arms to shoulder level with the palms facing downward.

Twist the trunk to the right. Exhaling, bring the left hand to the inside of the

right foot, keeping the arms and the legs straight. The arms remain in line with

each other, and the right arm extends straight up. Look up and back at the right

hand.

Breathe evenly; hold for 20 seconds.

Inhaling, slowly return to a standing position.

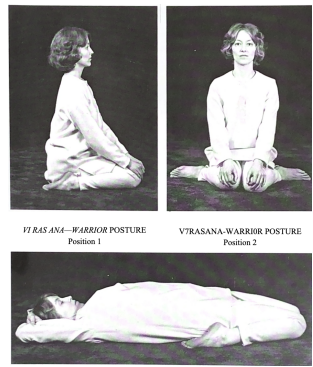
Repeat, bringing the right hand to the inside of the left foot.

Sadhaka Report for Krishna

Virasana

Duration: 24

Special instructions: Since you have ise.sasfkasdlkfjaskfj lorem ipsum



Description:

Position 1

Sit in a kneeling position with the knees together and feet beside the body so that

the buttocks rest on the floor. Keep the head, neck, and trunk straight.

Breathe evenly; hold for 30 seconds.

Position 2

Keeping the knees together, turn the feet outward so that the toes point away from

the body.

Breathe evenly; hold for 30 seconds.

Sadhaka Report for Krishna

Trikonasana

Duration: 12

Special instructions: sajhgfjasdfgjhsadf sdakjhsdakhasdkjhf



Description:

Stand with the head, neck, and trunk in a straight line, legs three feet apart. Inhaling,

slowly raise the arms to shoulder level with the palms facing downward.

Twist the trunk to the right. Exhaling, bring the left hand to the inside of the

right foot, keeping the arms and the legs straight. The arms remain in line with

each other, and the right arm extends straight up. Look up and back at the right

hand.

Breathe evenly; hold for 20 seconds.

Inhaling, slowly return to a standing position.

Repeat, bringing the right hand to the inside of the left foot.

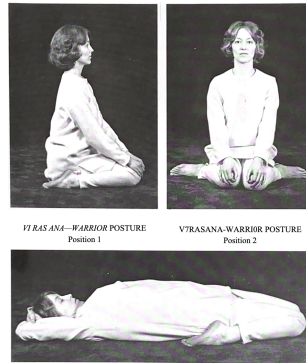
Sadhaka Report for Krishna

Noncardio

Virasana

Duration: 12

Special instructions: asfasfasdfasdf



Description:

Position 1

Sit in a kneeling position with the knees together and feet beside the body so that

the buttocks rest on the floor. Keep the head, neck, and trunk straight.

Breathe evenly; hold for 30 seconds.

Position 2

Keeping the knees together, turn the feet outward so that the toes point away from

the body.

Breathe evenly; hold for 30 seconds.

Sadhaka Report for Krishna

Diet and Additional Notes:

kjhasfkfjhdsa

askdjfhasdkjhfadskh

kashfkash

fruit nuts

wake up ealry