**1) \*\*sans rokkar**

**(box belly breathing).. saanse se rag aur dvesh nahi**

**2)....** kam band.. dekhna band... ANUS TIGHT,GALA TIGHT, dant and jibh

**3) nak ke hole.. aankho se naak ke tip aur hole ko dekhna aur no movement of eyes**

**) mental vairagya**

)rukna nhi,parat, analyze, small area,continue move

)rukna nahi, parat,analyze, video,punish,mistake, **kamjor** ko mar denaDiscipline\*\*

ek bhi step chhodna nahi hai

(hath and pair, **bandh** energy increse aur khud ke andar, dant tight, face strech, videos of inspiration, belly focus)

**DISCIPLINE**

**VAIRAGYA**

**MEDITATION / STABLE**

**REPEATATION**

**ABHYAS AUR VAIRAGYA**