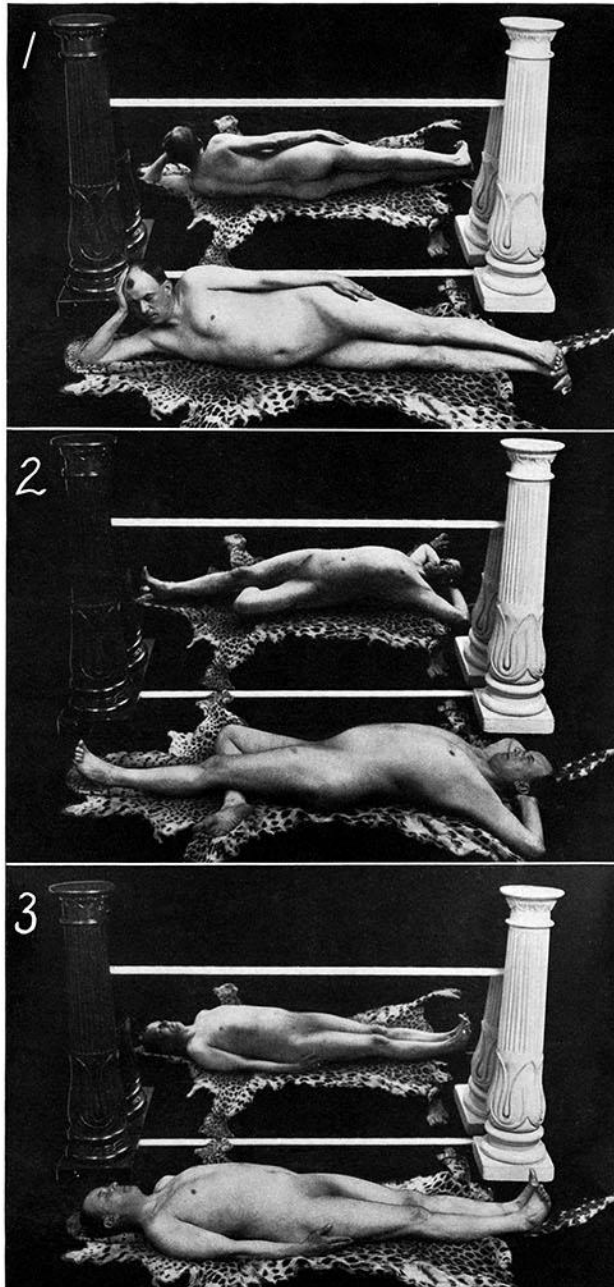
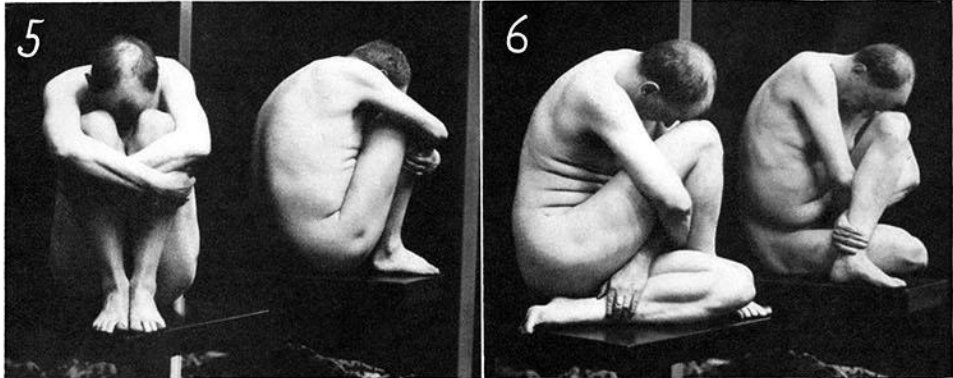
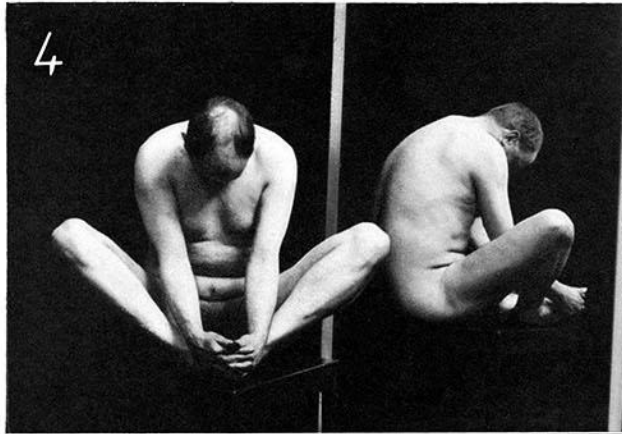


LIBER E. SUPPLEMENTARY INSTRUCTION IN ASANA.



1. The Dying Buddha
2. The Hanged Man.
3. The Corpse.

{ These three recumbent positions are more suitable for repose after meditation than for meditation itself.



4. The Arrowhead.
5. The Bear.
6. The Ivy.
7. The Parallelogram.

These positions with bowed head are suitable for Asana and for meditation, but not for Pranayama.