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PRESENTS

Yogic Exercises for Heart Problems

Universal Healing

Holistic Management Of Coronary Heart Disease

Light Stretching and Relaxation exercises followed by Shavasana and Meditation

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English

[Introduction by Dr. Ramesh Kapadia](#)

[Excercise Part I of II](#)

[Excercise Part II of II](#)

[Shavasana & Meditation Part I of III](#)

[Shavasana & Meditation Part II of III](#)

[Shavasana & Meditation Part III of III](#)

[Quick Shavasana](#)

Hindi

[Introduction by Dr. Ramesh Kapadia](#)

[Excercise Part I of II](#)

[Excercise Part II of II](#)

[Shavasana & Meditation Part I of III](#)

[Shavasana & Meditation Part II of III](#)

[Shavasana & Meditation Part III of III](#)

[Shighra Shavasana](#)

Gujarati

[Introduction by Dr. ramesh Kapadia](#)

[Excercise Part I of II](#)

[Excercise Part II of II](#)

[Shavasana & Meditation Part I of III](#)

[Shavasana & Meditation Part II of III](#)

[Shavasana & Meditation Part III of III](#)

[Shighra Shavasana](#)

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