

**Product Name :**  
Paschimottanasana and Ardha Matsyendrasana Chart

**Product Code :**  
CHARTSSUK-AS09LAB005B



**Description :**

Paschimottanasana and Ardha Matsyendrasana Chart

**Technical Specification :**

**Materials:** Laminated Paper.

**Size:-** 50 x 75 cm.

Fitted with superior plastic rollers.

Spine becomes flexible and Elastic, the Abdominal organs- Digestive system, Nervous system are toned up.

Available in English & Hindi combined.

Laminated with thick plastic film on both sides.

Available in English only also.



## Astra Scientific

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