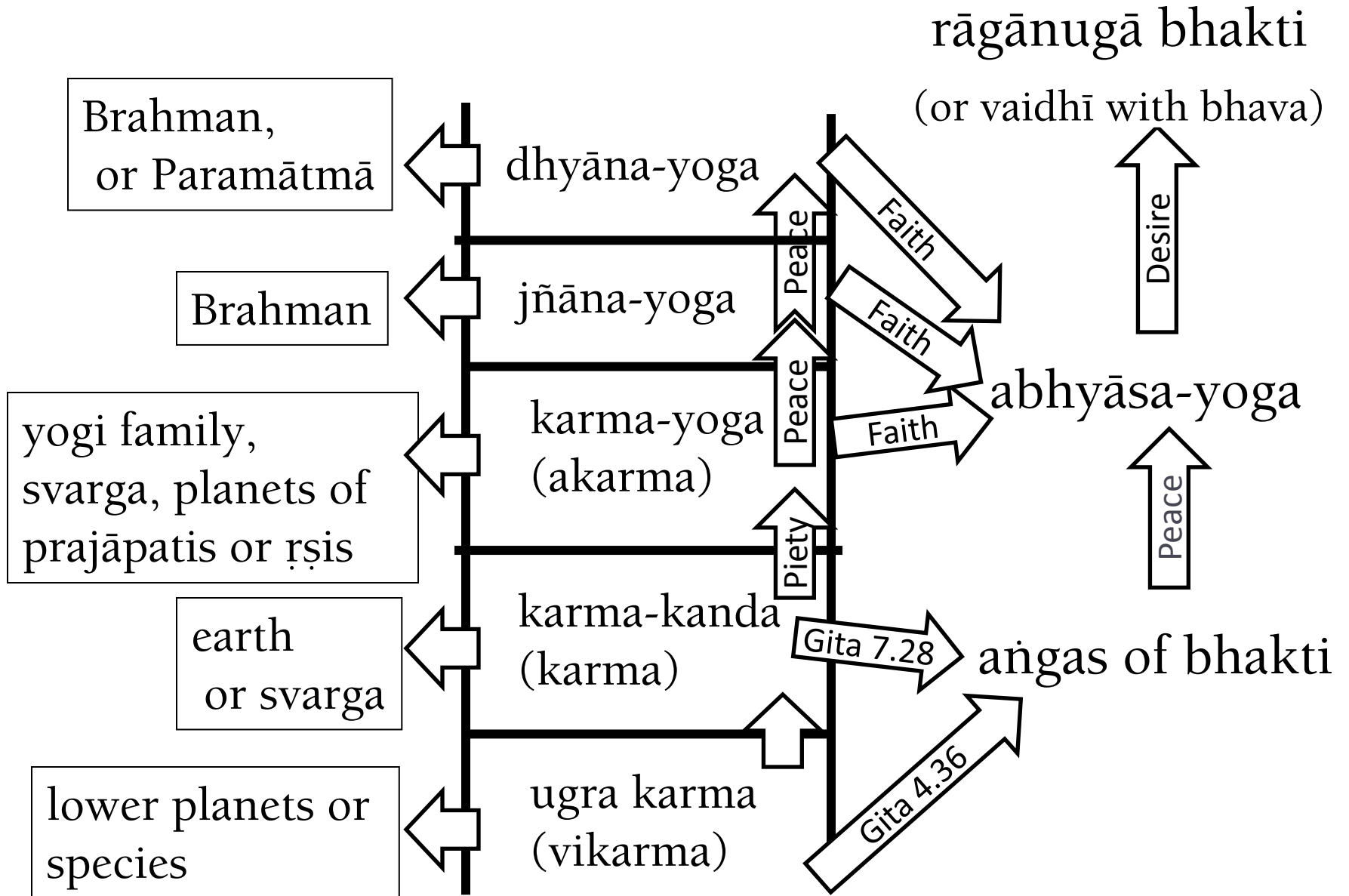


Yoga ladder



Yoga ladder + varṇāśrama

rāgānugā bhakti
(or vaidhī with bhava)
(can include varṇāśrama
to set an example)

