

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Different types of Obeisances

#### 1. Ashtang Pranam

- a. Feet
- b. Hands
- c. Chest
- d. Head
- e. Knees
- f. Eyes
- g. Words
- h. Mind

#### 2. Panchang Pranam

- a. Hands
- b. Knees
- c. Head
- d. Voice
- e. Sight

#### 3. Obeisances to Parents