**HALASANA**

**“The PLOUGH POSE”**





**The PLOUGH POSE**

**HALASANA**

 (Female)

Currently has been measured for 06 minutes & 18 seconds and was achieved by **Ms.Hemamalini Saminathan** a Malaysian Citizen in Sungai Petani, Kedah, Malaysia on the date 29 Nov. 2021.

 She has been received the title as:

**OFFICIAL**

**“WORLD RECORD HOLDER”**