**HALASANA**

 **“The PLOUGH POSE”**

**The PLOUGH POSE**

**HALASANA**

 (Male)

Currently has been measured for 1 hours 00 minutes & 00 seconds and was achieved by

 **Mr. Murgaya Ragoo** a Malaysian Citizen in Sungai Petani, Kedah, Malaysia on the date 15 Nov. 2021.

He has been received the title as:

**OFFICIAL**

**“WORLD RECORD HOLDER”**