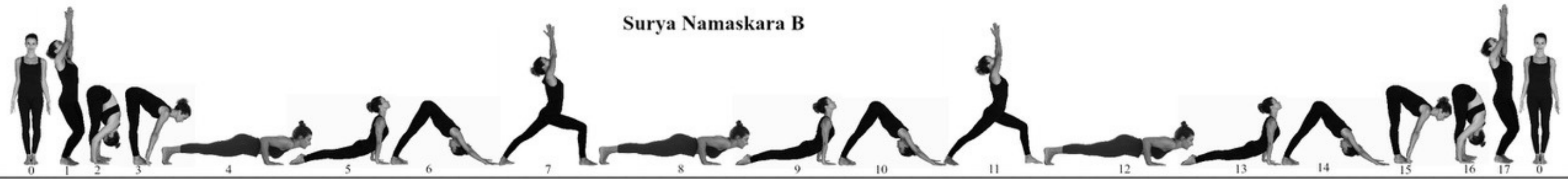
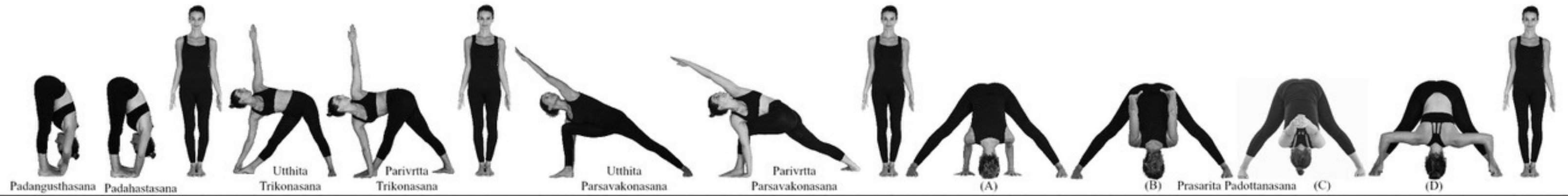


Surya Namaskara A

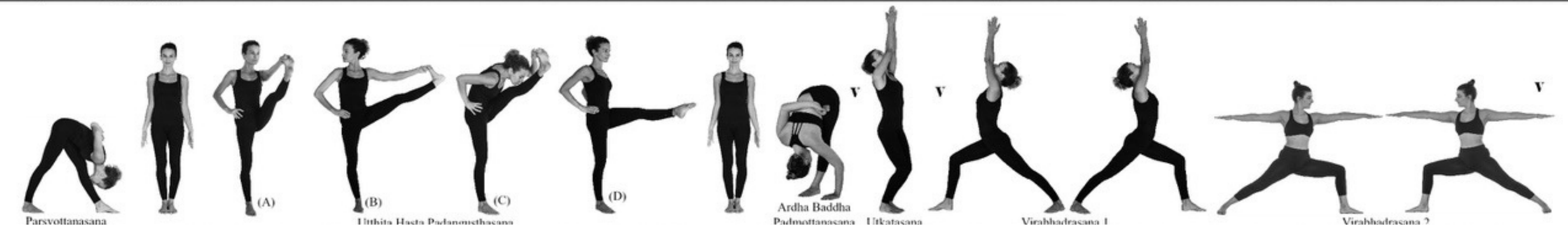


Surya Namaskara B

Standing Series

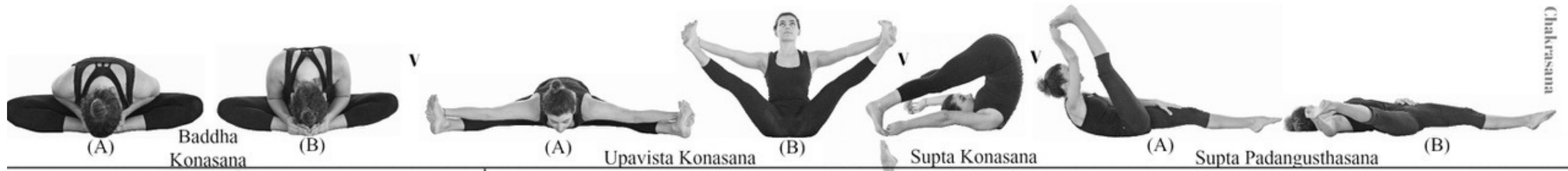
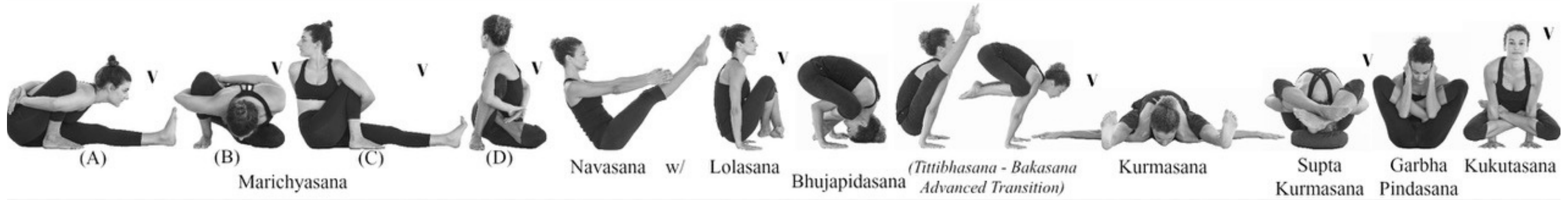


Padangusthasana Padahasthasana Utthita Trikonasana Parivrtta Trikonasana Utthita Parsvakonasana Parivrtta Parsvakonasana (A) (B) Prasarita Padottanasana (C) (D)



Parsvottanasana (A) (B) (C) Ardha Baddha Padmottanasana Virabhadrasana I Virabhadrasana II

Seated Series



Finishing Series

