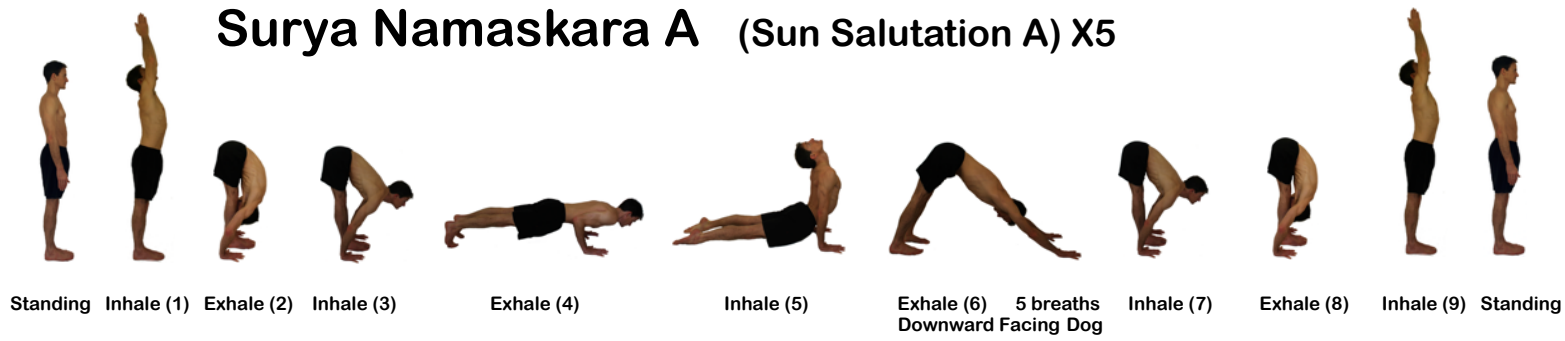


**Surya Namaskara A (Sun Salutation A) X5**



**Surya Namaskara B (Sun Salutation B) X3**



**Standing Postures (5 breaths each)**

