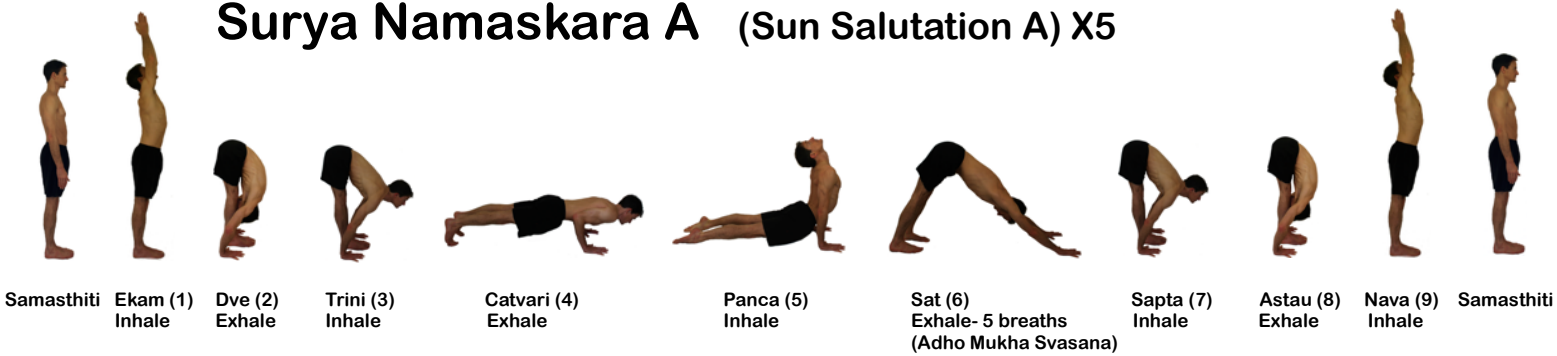


## Surya Namaskara A (Sun Salutation A) X5



## Surya Namaskara B (Sun Salutation B) X3



## Standing Postures (5 breaths each)

