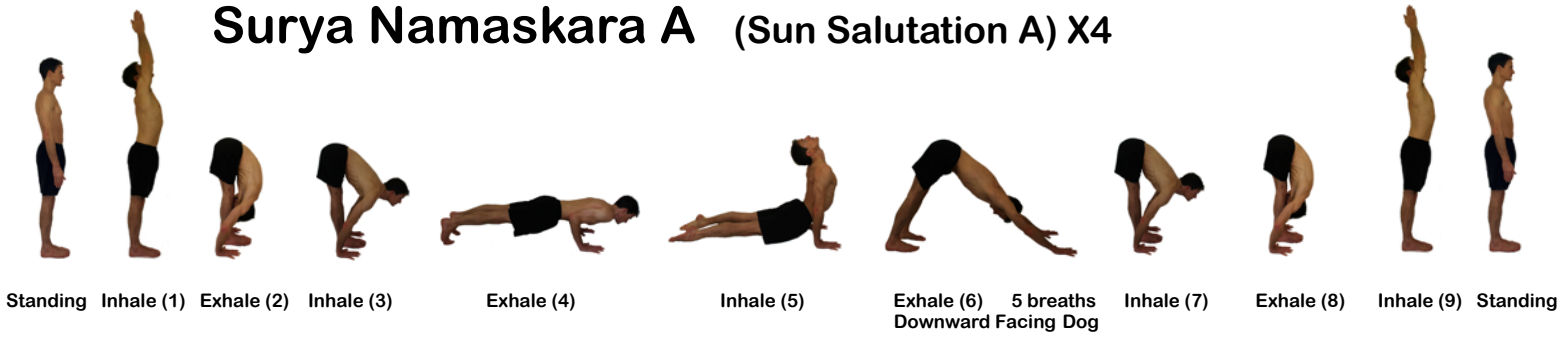




Surya Namaskara A (Sun Salutation A) X4



Surya Namaskara B (Sun Salutation B) X2



Standing Postures (5 breaths each)

