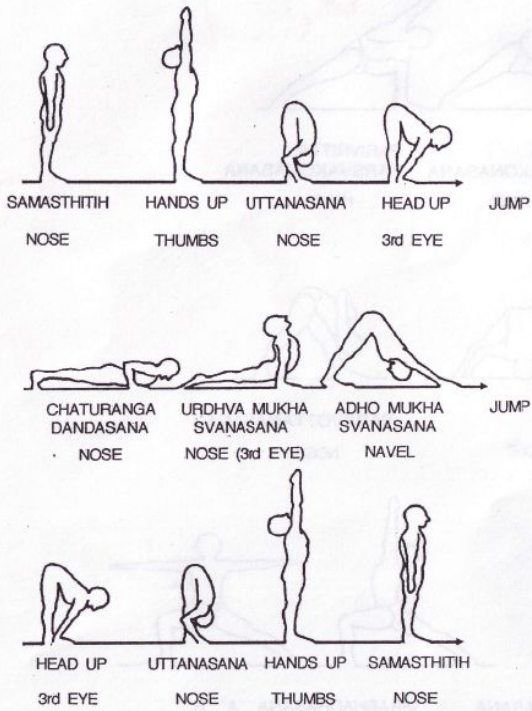
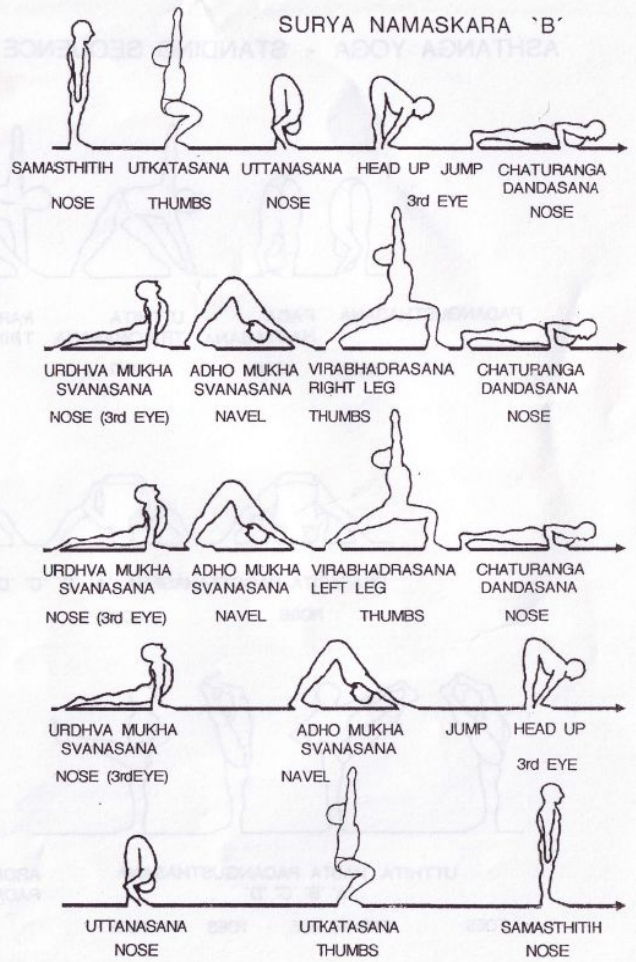


ASHTANGA YOGA - SUN SALUTATION

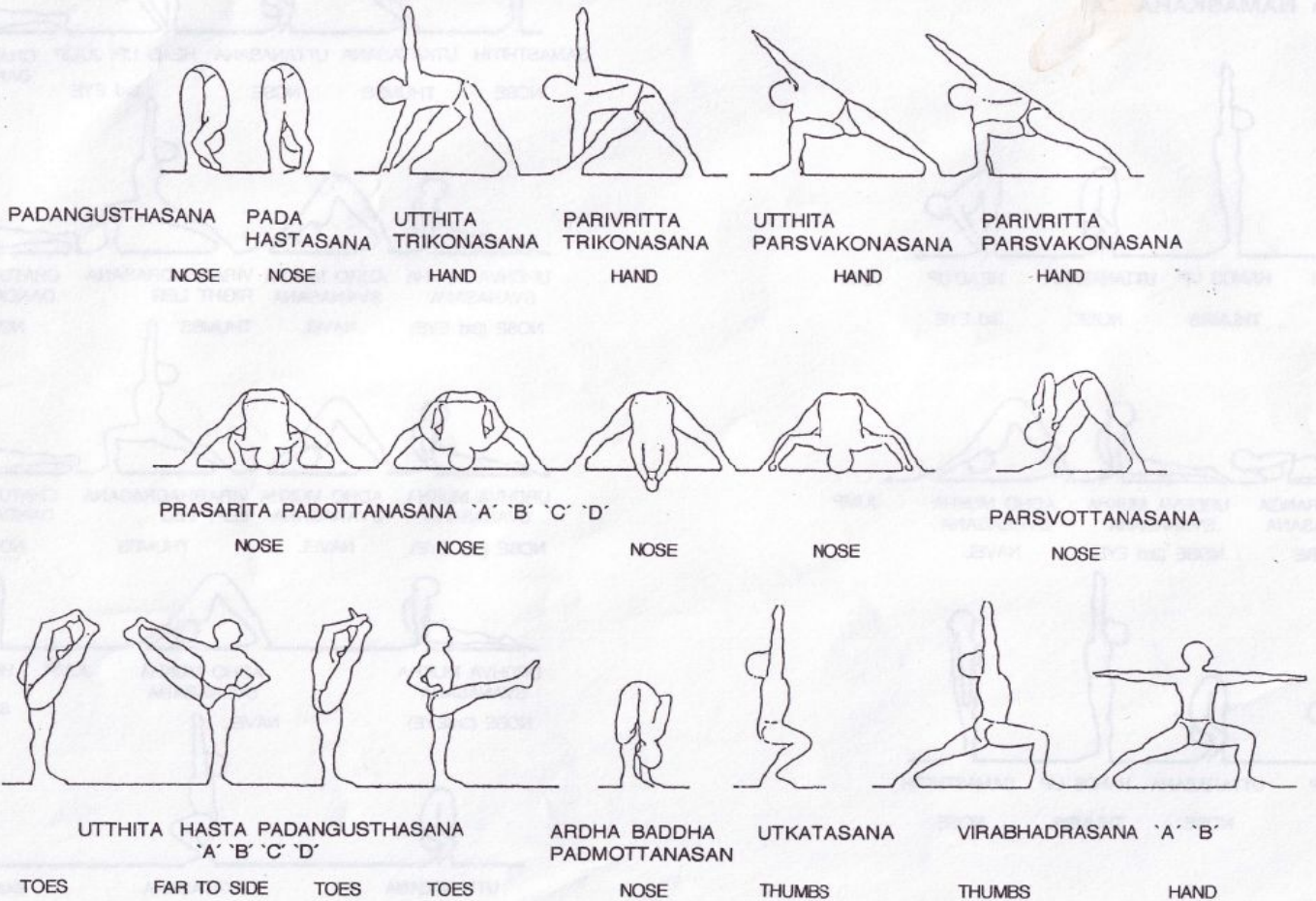
SURYA NAMASKARA 'A'

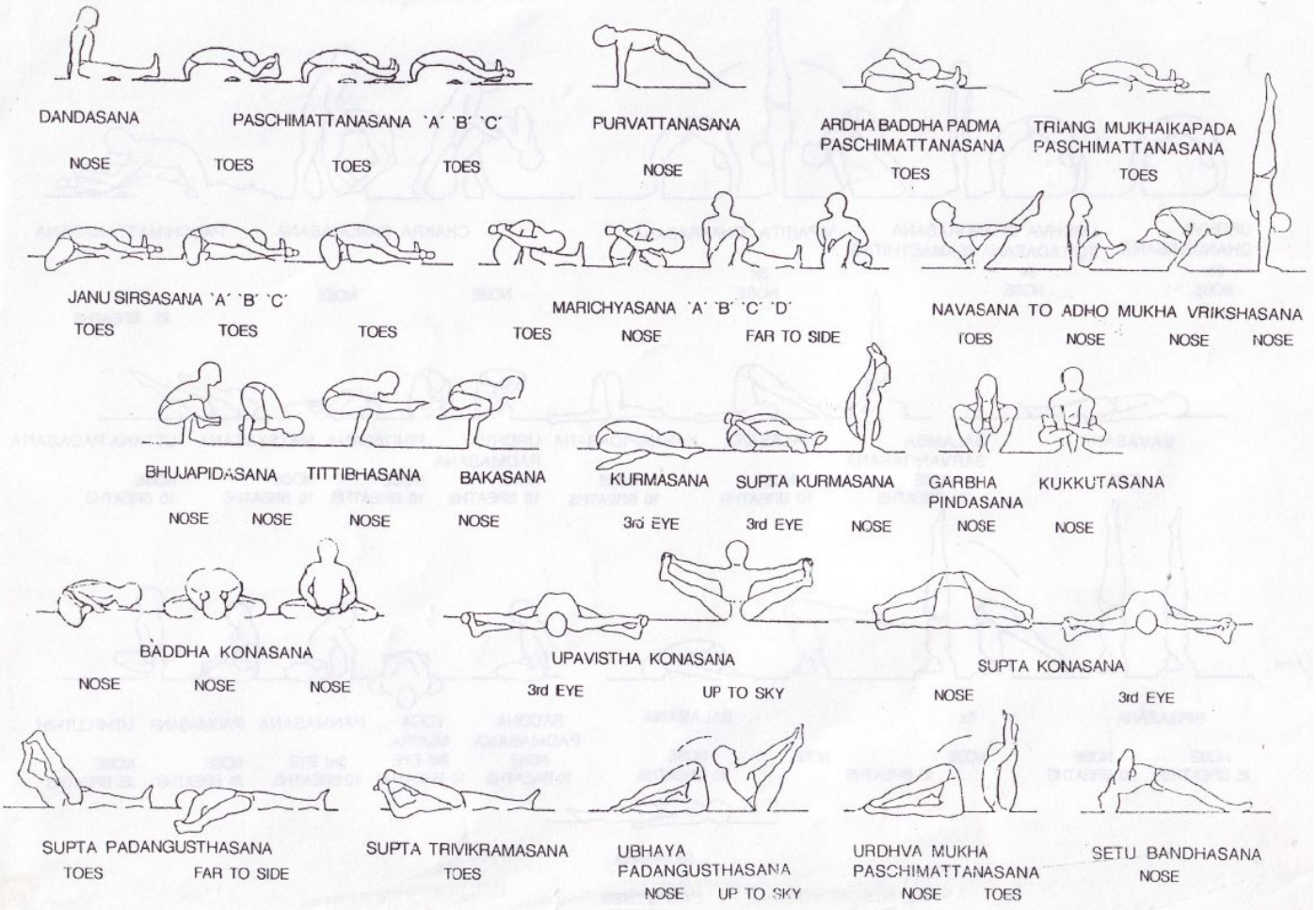


SURYA NAMASKARA 'B'



ASHTANGA YOGA - STANDING SEQUENCE





ASHTANGA YOGA - BACK BENDING & FINISHING SEQUENCE

