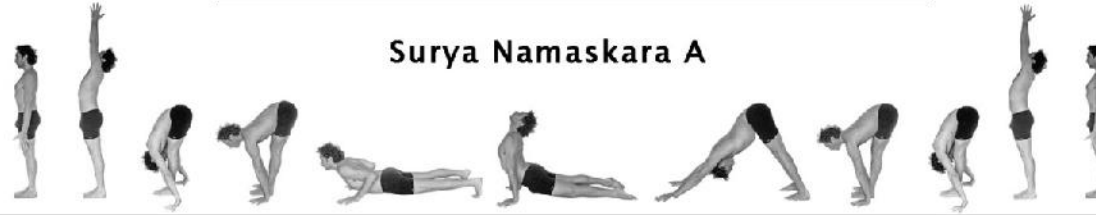
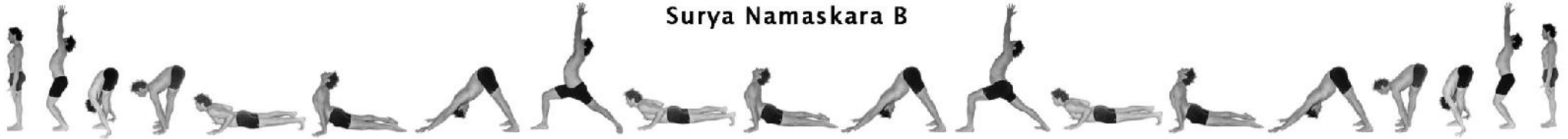


Ashtanga Yoga Primary Series

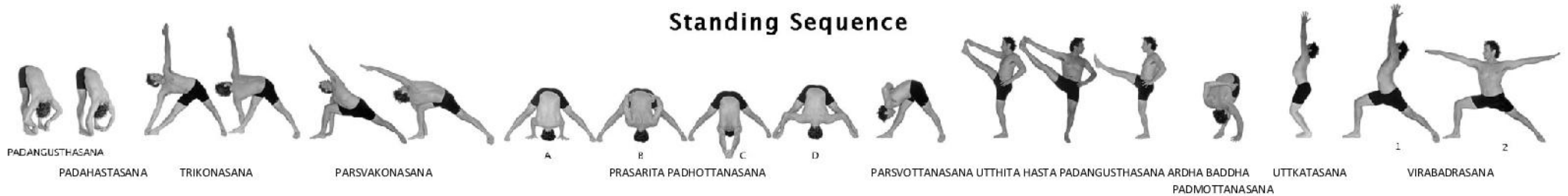
Surya Namaskara A



Surya Namaskara B



Standing Sequence



Seated Sequence



Finishing Sequence

