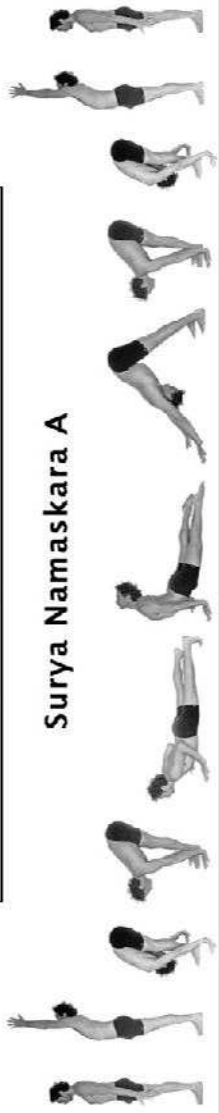


Ashtanga Yoga Primary Series

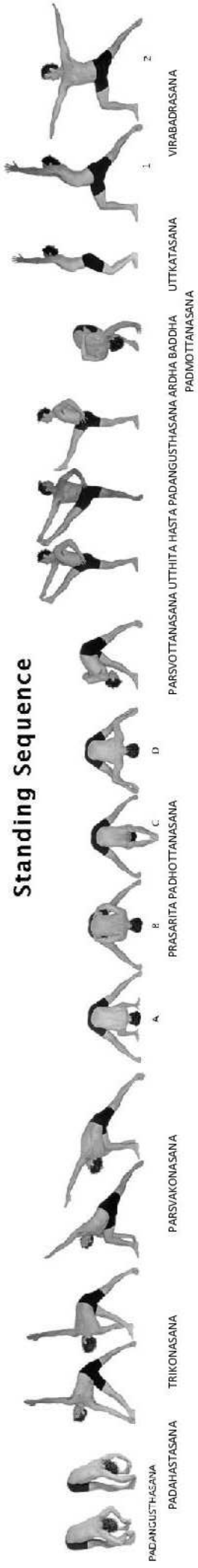
Surya Namaskara A



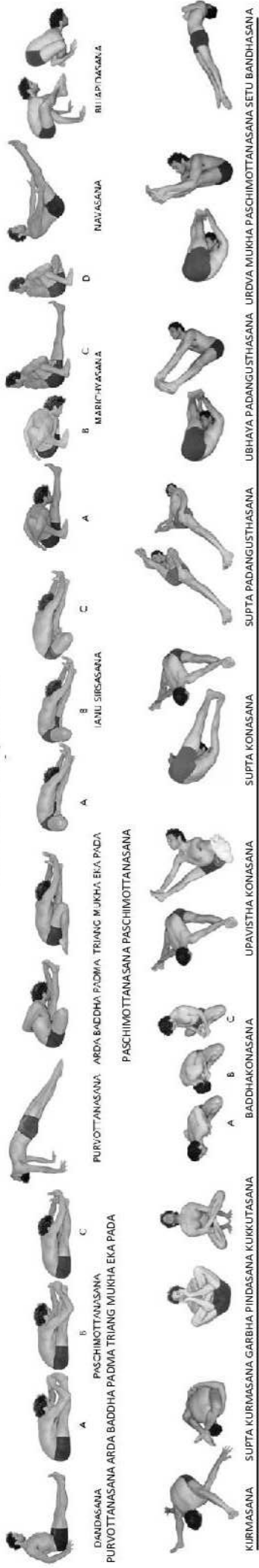
Surya Namaskara B



Standing Sequence



Seated Sequence



Finishing Sequence

