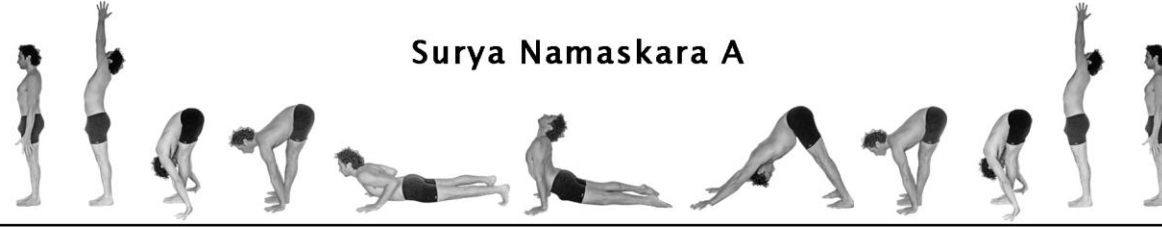
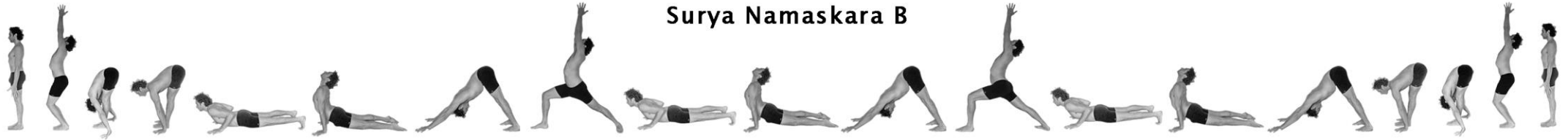




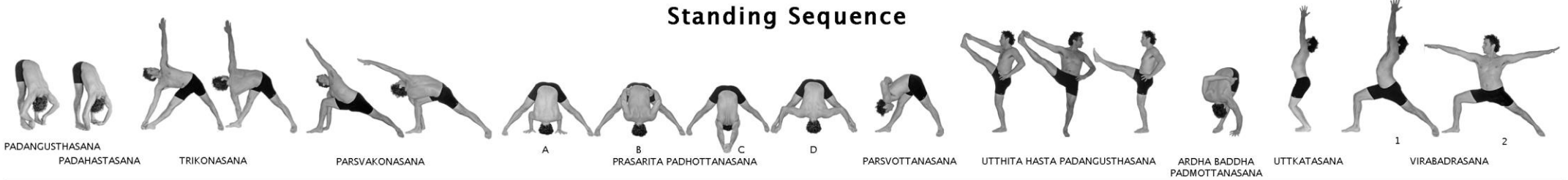
Surya Namaskara A



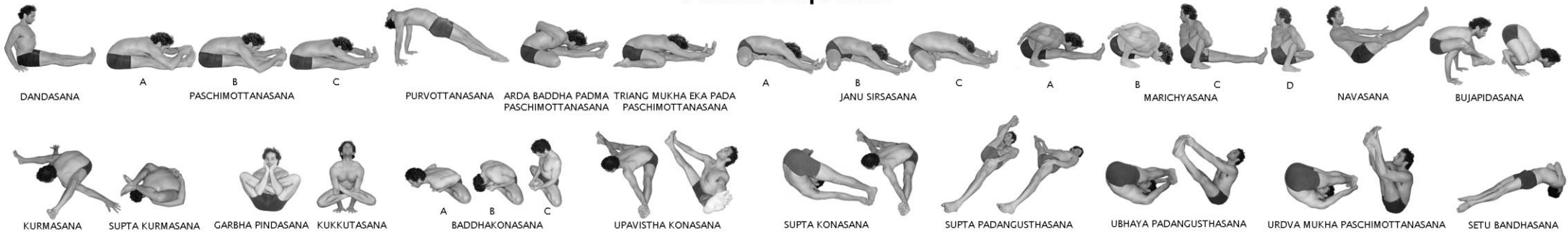
Surya Namaskara B



Standing Sequence



Seated Sequence



Finishing Sequence



The practice should only be undertaken with the guidance of an experienced teacher.