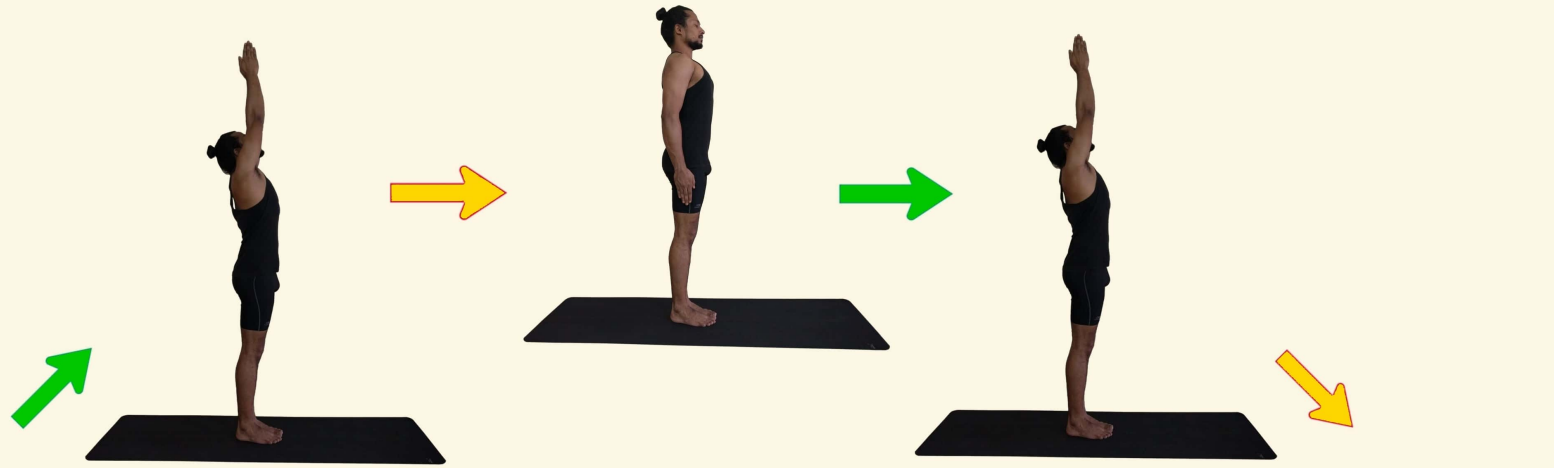
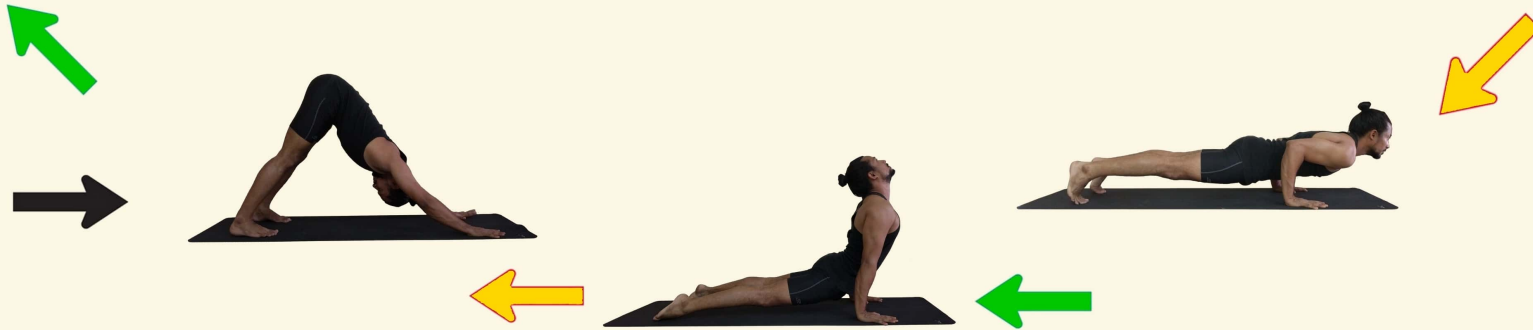


Inhale

Exhale



Stay here for five breaths



Surya Namaskar A from Ashtanga Vinyasa Yoga. Each movement is linked to Inhale and exhale