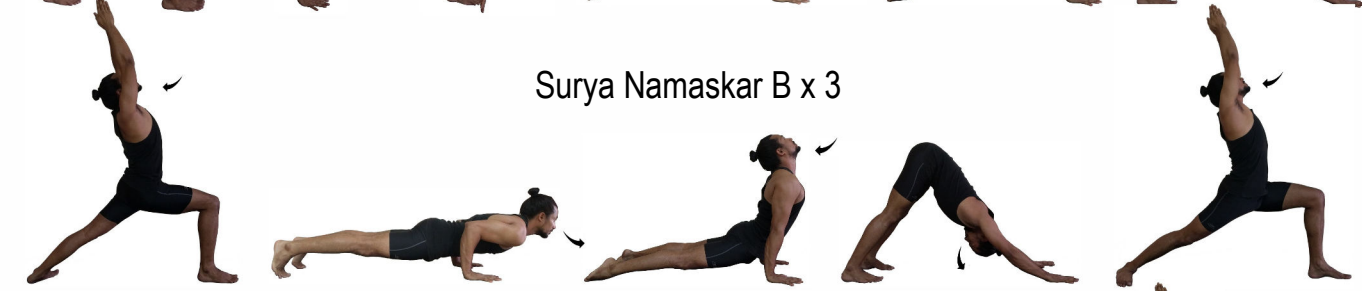


Surya Namaskar A x 3



Surya Namaskar B x 3



∞ = Jump Back Vinyasa



Padangustasana

Utthita Trikonasana

Utthita Parsvakonasana

Prasrita Padottanasana A

Prasrita Padottanasana C



Utthita Hasta Padangustasana

Ardha Baddha Padmottanasana

Virbhadasana A

Virbhadasana B

Dandasana

Paschimottanasana



## Opening Mantra

ॐ

vande gurūṇām caraṇāravinde  
 sandarśitasvātma sukhāva bodhe |  
 niḥ śreyase jaṅgalikāyamāne  
 saṁsāra hālāhala mohaśāntyai ||  
 ābāhu puruṣākāraṁ  
 śaṅkhacakrāsi dhāriṇam |  
 sahasra śīrasaṁ śvetam  
 praṇamāmi patañjalim ||

## Closing Mantra

ॐ

svasti prajābhyaḥ paripālayantām  
 nyāyena mārgena mahīm mahīśāḥ |  
 go brāhmaṇebhyaḥ śubhamastu nityam  
 lokāḥ samastāḥ sukhino bhavantu ||

ॐ

शान्तिः शान्तिः शान्तिः