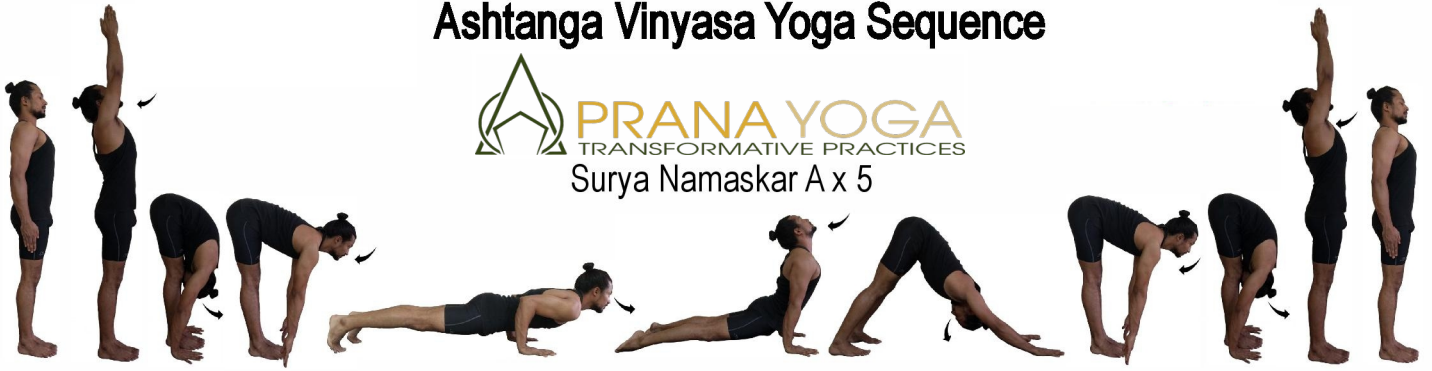
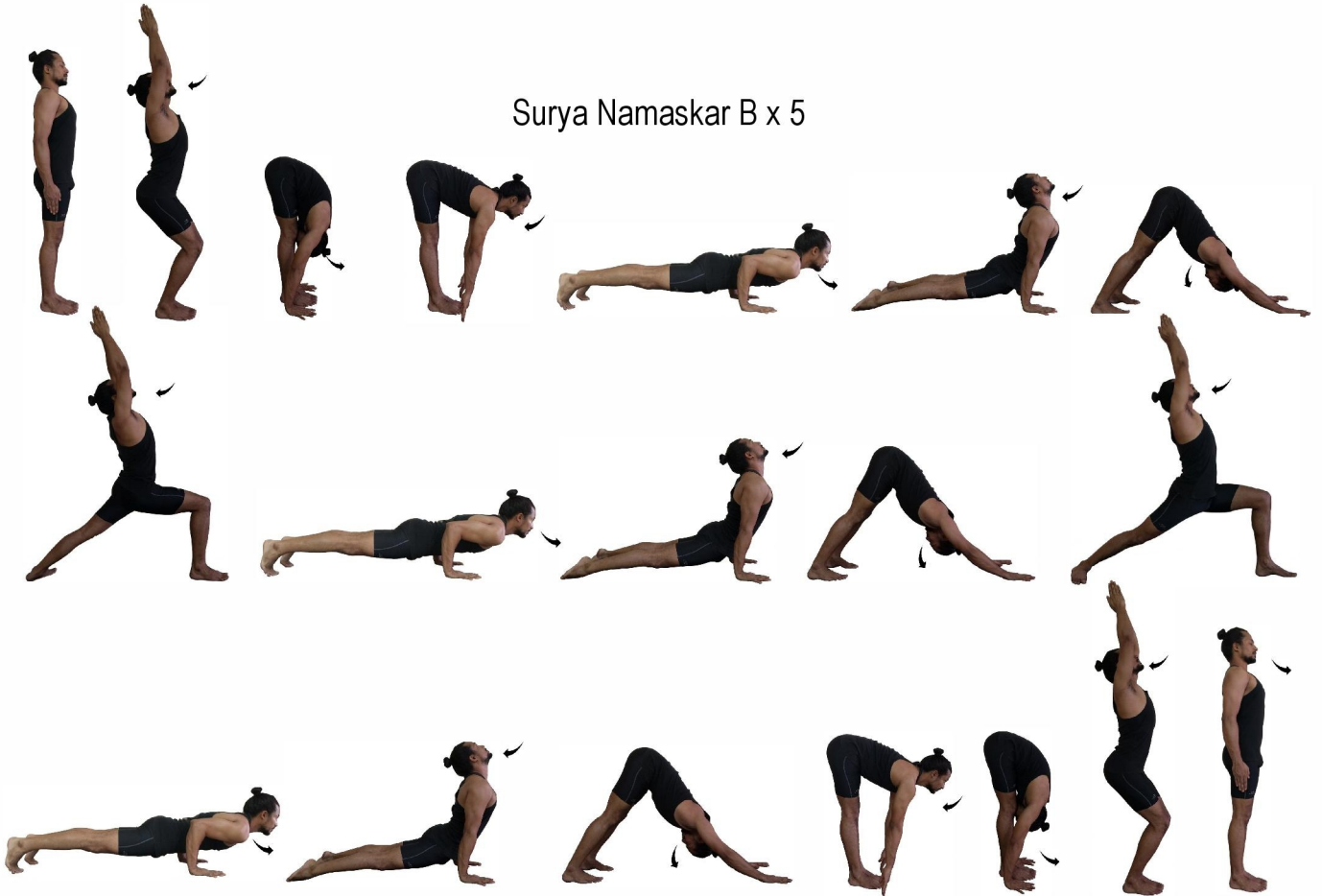


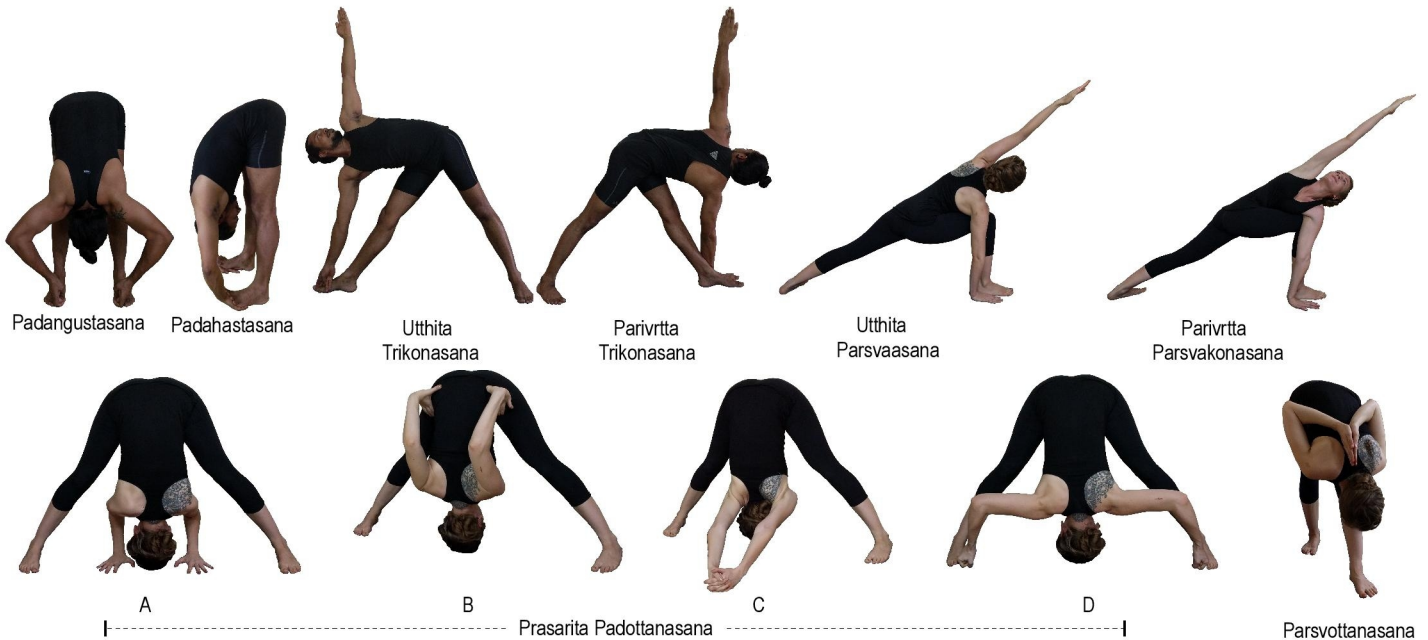
Ashtanga Vinyasa Yoga Sequence



Surya Namaskar B x 5

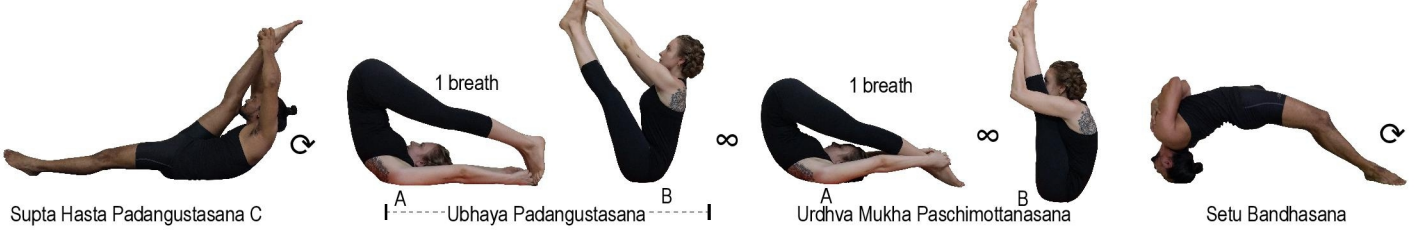
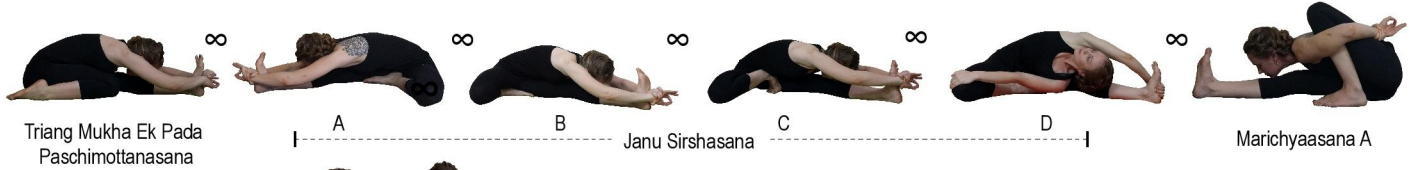


Standing Asana



Primary Series

☺ = Chakrasana Vinyasa
∞ = Jump Back Vinyasa



Finishing Asana

