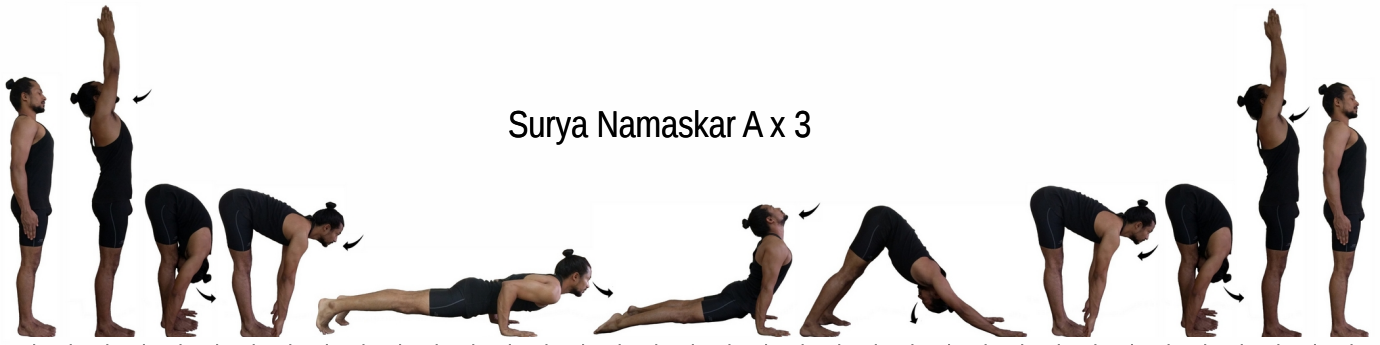


Surya Namaskar A x 3



Surya Namaskar B x 3



Tiryak
Talasana



Parivrtta
Trikonasana



Parivrtta
Parsvakonasana



Malasana



Paschimottanasana



Marichyasana C



Kumbhakasana



Navasana



Lolasana



Kakasana



Parsva Bakasana



Ustrasana



Sarvangasana



Savasana

