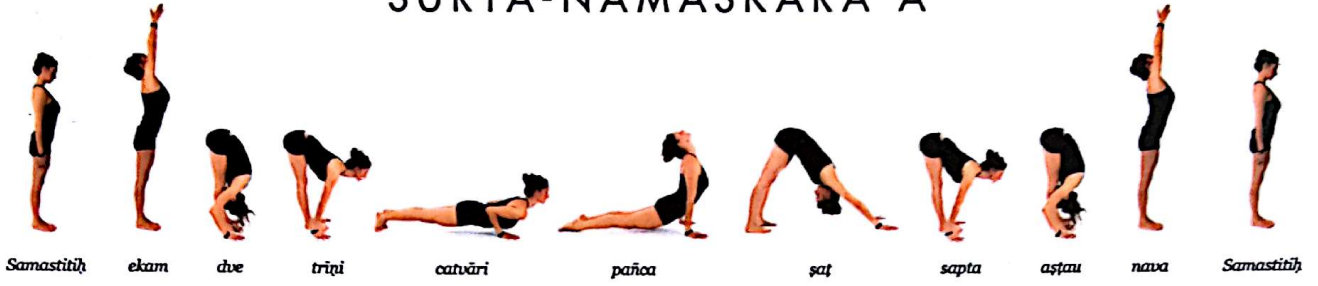


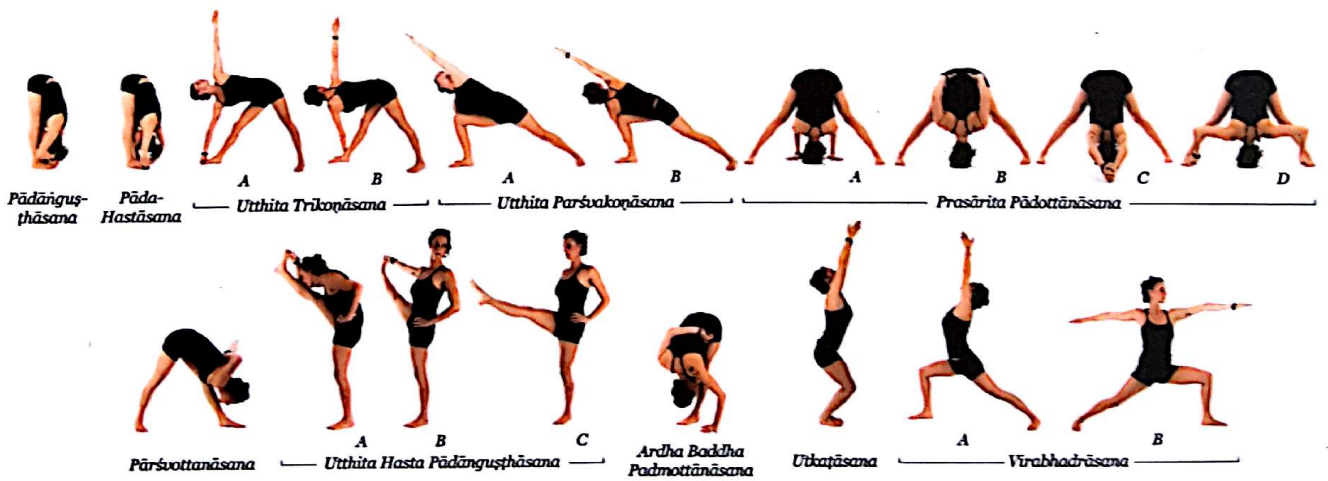
## SŪRYA-NAMASKĀRA A



## SŪRYA-NAMASKĀRA B



## STANDING ASANAS



The practice displayed in this chart should only be undertaken under the guidance of an experienced teacher

## SEATED ASANAS



## BACKBENDING ASANAS



## FINISHING ASANAS

