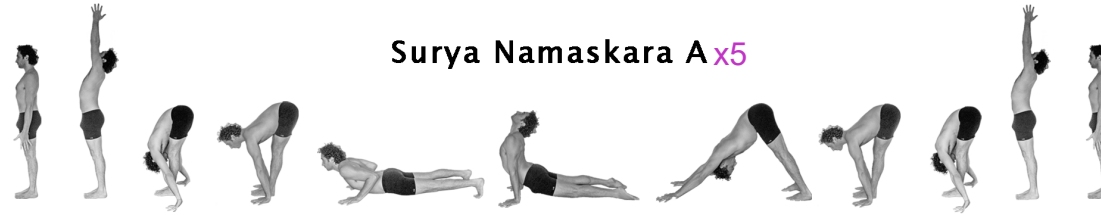
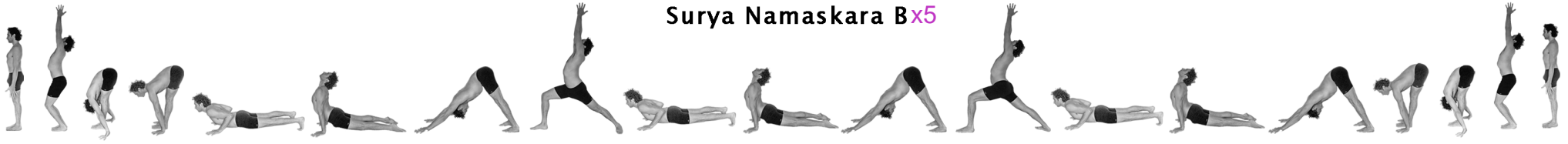


Ashtanga Yoga Primary Series

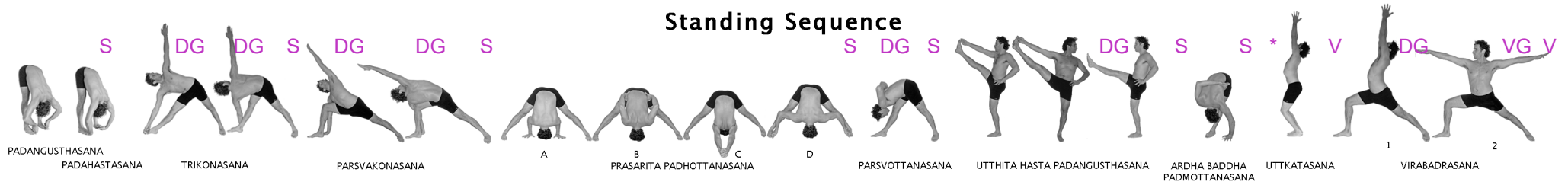
Surya Namaskara A x5



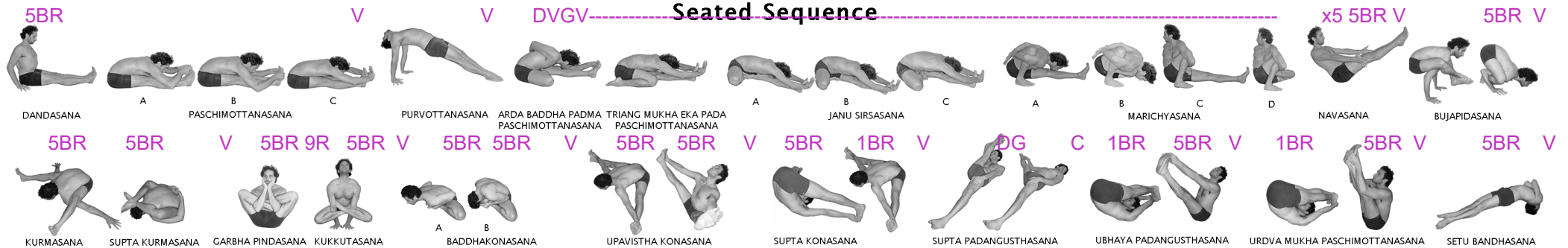
Surya Namaskara B x5



Standing Sequence



Seated Sequence



Finishing Sequence



The practice should only be undertaken with the guidance of an experienced teacher.