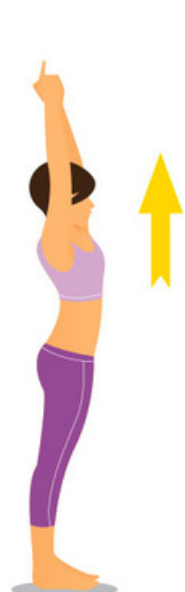


SURYA NAMASKARA A



Urdhva Hastasana



Tadasana



Urdhva Hastasana



Uttanasana



Uttanasana



Ardha Uttanasana



Ardha Uttanasana



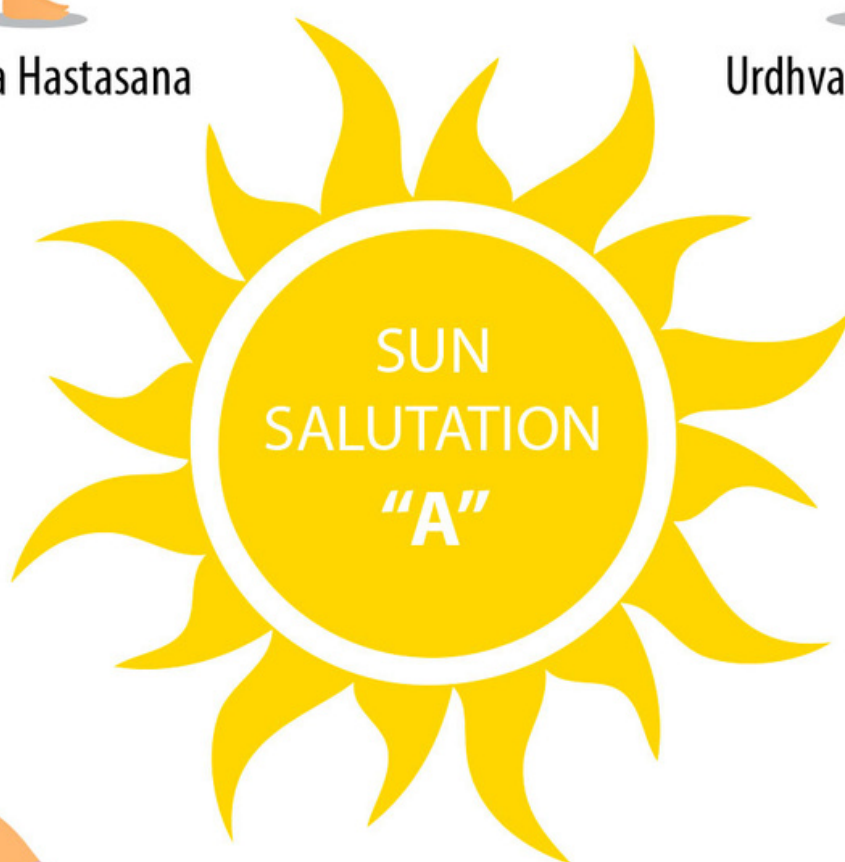
Adho Mukha Svanasana



Chaturanga Dandasana

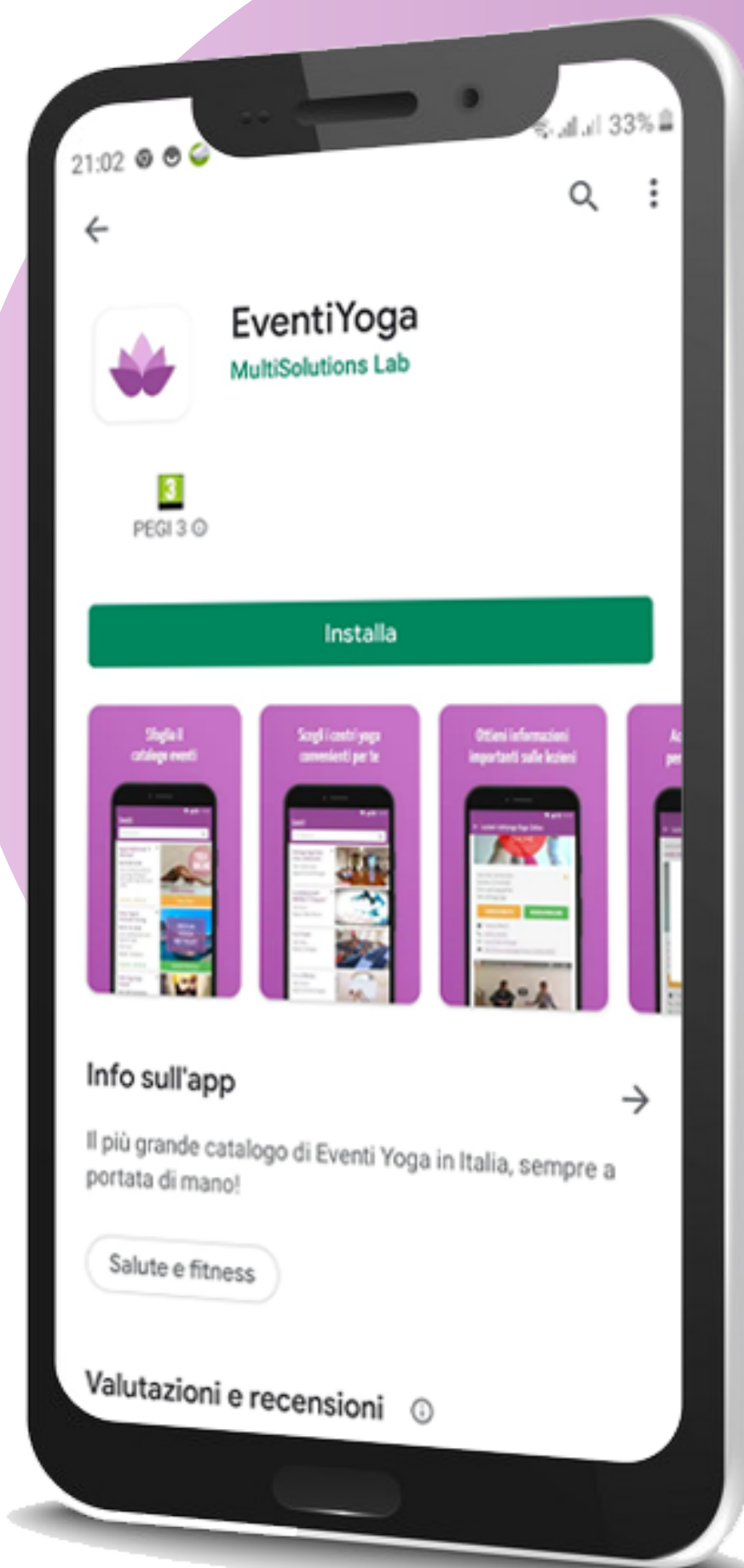


Urdhva Mukha Svanasana





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