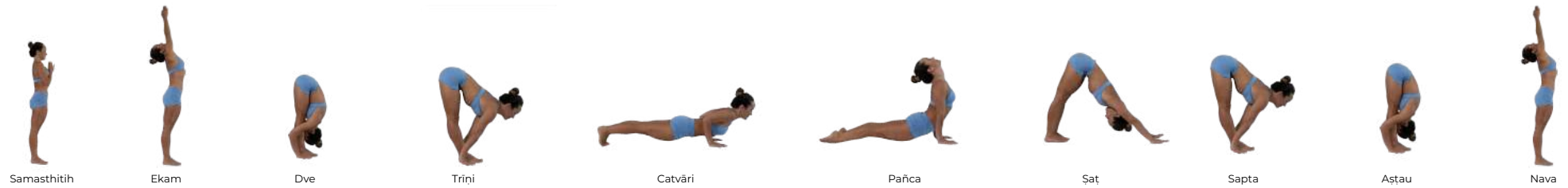
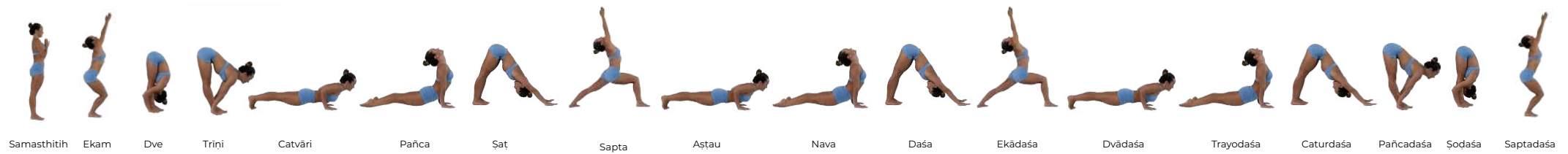


ASHTANGA YOGA PRIMARY SERIES

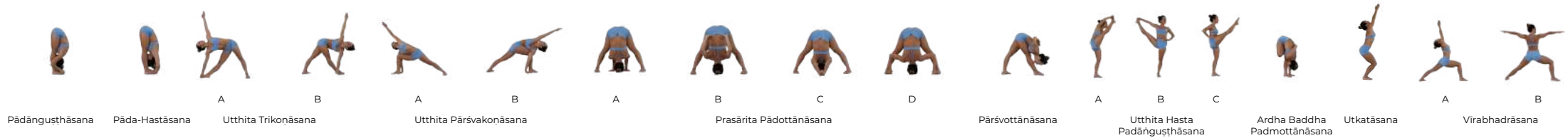
SUN SALUTATION A



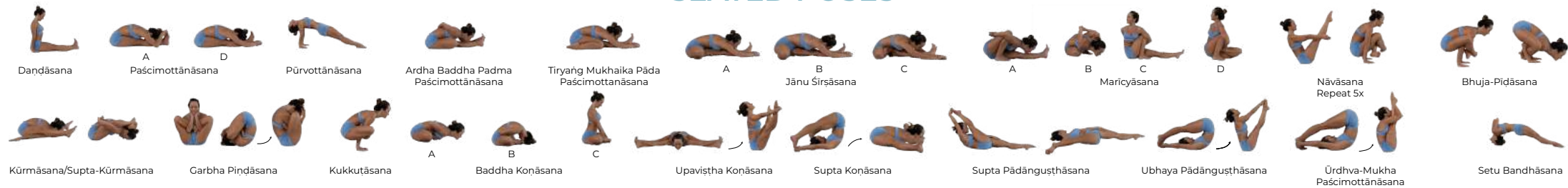
SUN SALUTATION B



STANDING SEQUENCE



SEATED POSES



FINISHING SEQUENCE

