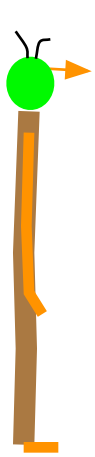
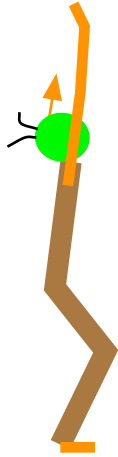


Surya Namaskara A

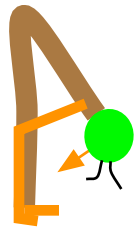
(Sun Salutation A)



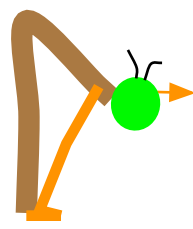
Samasthiti



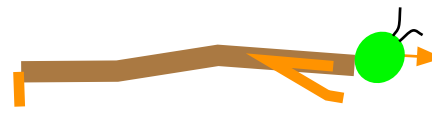
One



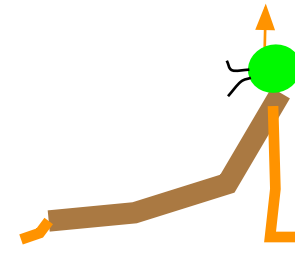
Two



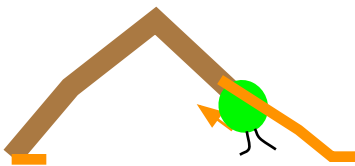
Three



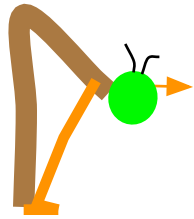
Four



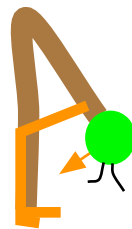
Five



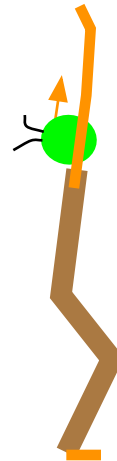
Six
(Hold for 5 Breaths)
(Hold for 5 Breaths)



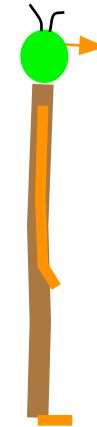
Seven



Eight



Nine



Samasthiti