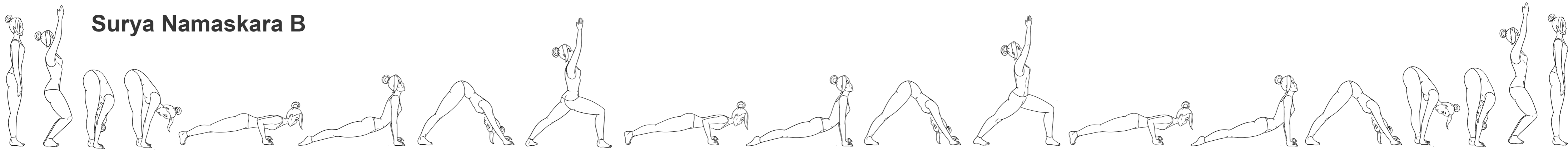


# Sun Salutations

## Surya Namaskara A



## Surya Namaskara B



## Standing Sequence

