

SUN SALUTATION

surya namaskar

12 exhale



1 exhale



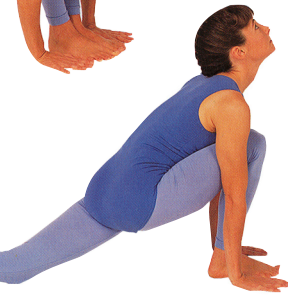
2 inhale



3 exhale



10 exhale



9 inhale



8 exhale

7 inhale



6 exhale



5 retain



4 inhale

11 inhale

