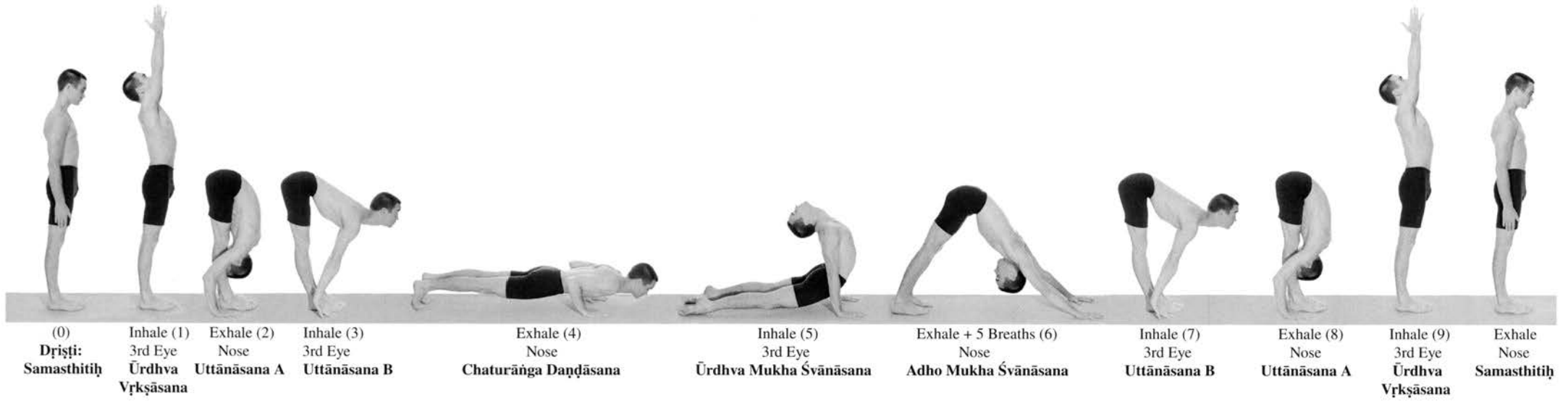
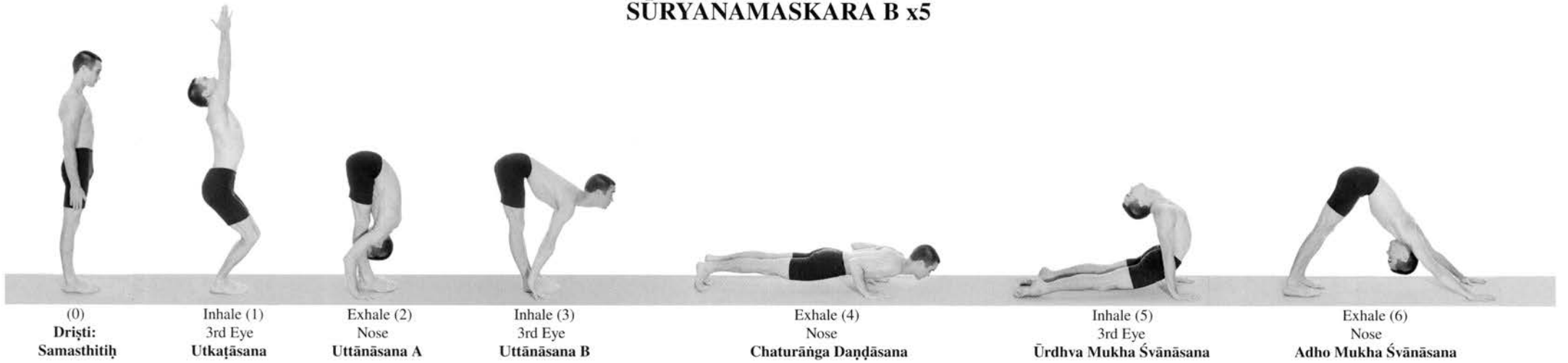


SŪRYANAMASKARA A x5



SŪRYANAMASKARA B x5





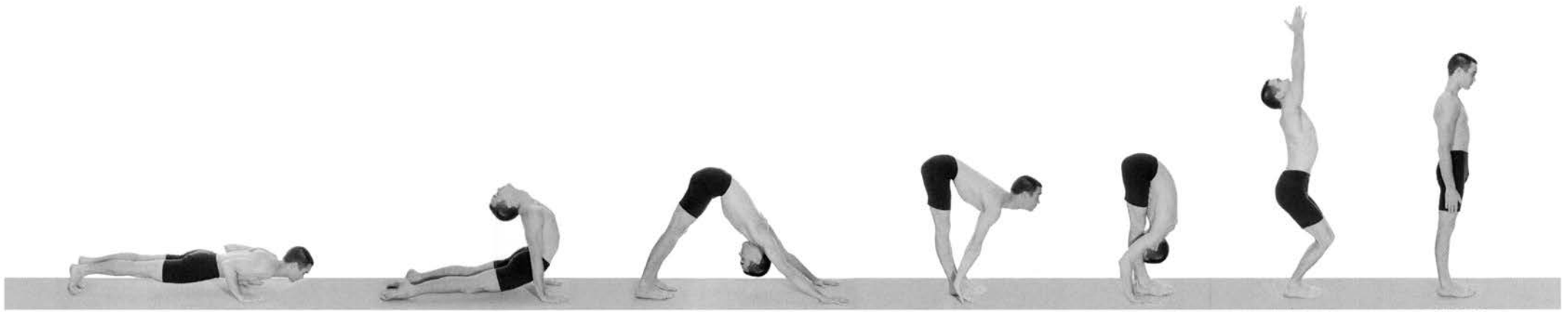
Inhale (7)
3rd Eye
Virabhadrasana A

Exhale (8)
Nose
Chaturāṅga Daṇḍāsana

Inhale (9)
3rd Eye
Ūrdhva Mukha Śvānāsana

Exhale (10)
Nose
Adho Mukha Śvānāsana

Inhale (11)
3rd Eye
Virabhadrasana A



Exhale (12)
Nose
Chaturāṅga Daṇḍāsana

Inhale (13)
3rd Eye
Ūrdhva Mukha Śvānāsana

Exhale + 5 Breaths (14)
Nose
Adho Mukha Śvānāsana

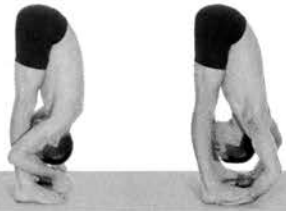
Inhale (15)
3rd Eye
Uttānāsana B

Exhale (16)
Nose
Uttānāsana A

Inhale (17)
3rd Eye
Utkaṭāsana

Exhale (0)
Nose
Samasthitīḥ

STANDING ĀSANA



Dṛiṣṭi: Nose
Hasta Pādāṅguṣṭhāsana & Pāda Hastāsana



Hand
Utthita Tri Koṅāsana



Hand
Utthita Tri Koṅāsana



Hand
Parivṛtta Tri Koṅāsana



Hand
Parivṛtta Tri Koṅāsana



Hand
Utthita Pārśva Koṅāsana



Hand
Utthita Pārśva Koṅāsana



Hand
Parivṛtta Pārśva Koṅāsana



Hand
Parivṛtta Pārśva Koṅāsana



Nose
Prasārita Pādottānāsana A



Nose
B



Nose
C



Nose
D



Nose
Utthita Pārśvottānāsana



Nose
Utthita Pārśvottānāsana





Foot
Utthita Hasta Pādānguṣṭhāsana

Side
Utthita Pārśvasahita

Nose
Utthita Eka Pādāsana

Foot
Utthita Hasta Pādānguṣṭhāsana

Side
Utthita Pārśvasahita

Nose
Utthita Eka Pādāsana

Nose
Ardha Baddha Padmottānāsana



Hand
Utkaṭāsana

Hand
Vīrabhadrāsana A

Hand
Vīrabhadrāsana A

Hand
Vīrabhadrāsana B

Hand
Vīrabhadrāsana B