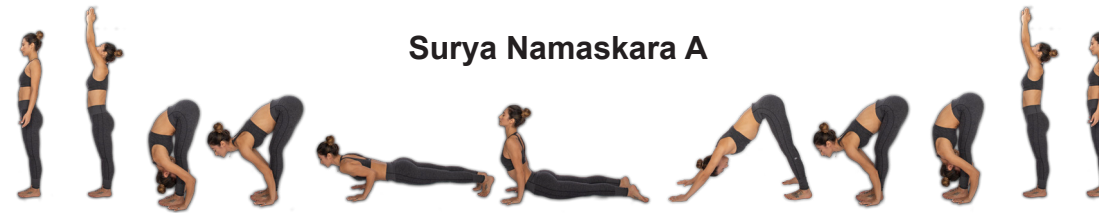
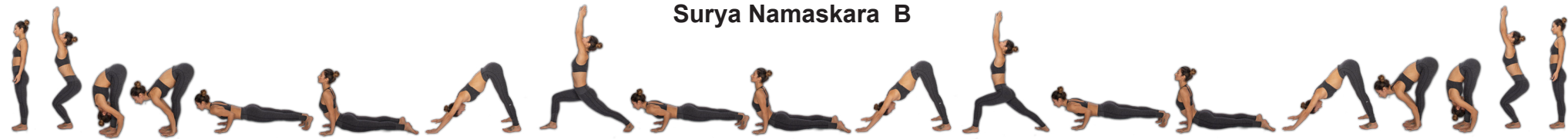


# Ashtanga Yoga Primary Series

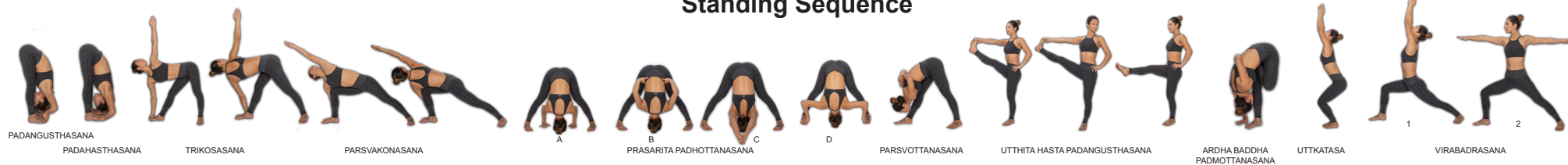


Surya Namaskara A

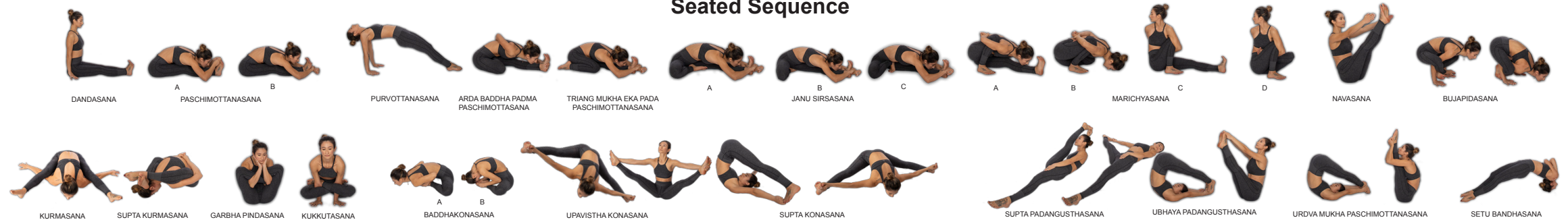


Surya Namaskara B

## Standing Sequence



## Seated Sequence



## Finishing Sequence

