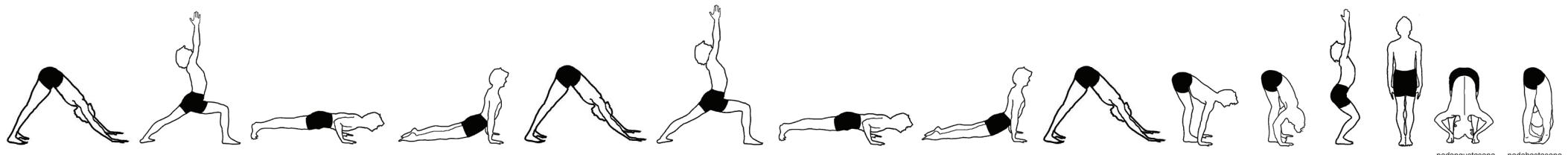
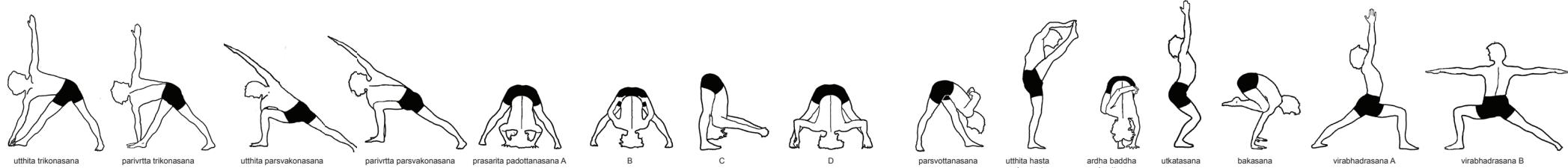


surya namaskar A

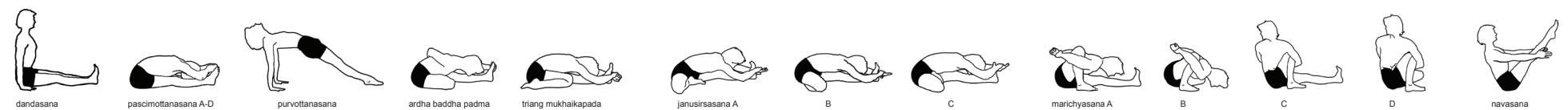
surya namaskar B



padangustasana padahastasana



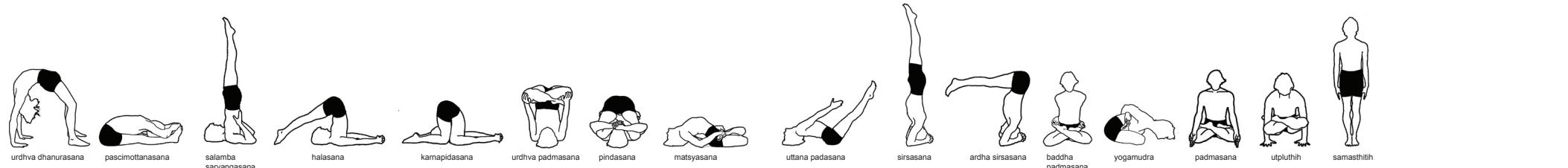
utthita trikonasana parivrtta trikonasana utthita parsvakonasana parivrtta parsvakonasana prasarita padottanasana A B C D parsvottanasana utthita hasta padangustasana ardh baddha padmottanasana utkatasana bakasana virabhadrasana A virabhadrasana B



dandasana pascimottanasana A-D purvottanasana ardh baddha padma pascimottanasana triang mukha kapada pascimottanasana janusirsasana A B C marchyasana A B C D navasana



bhujapidasana kumasana suptakurmasana titibhasana garbha pindasana kukutasana baddha konasana baddha konasana upavista konasana 1 upavista konasana 2 supta konasana supta padangustasana ubhya padangustasana urdhva mukha pascimottanasana setu bandhasana



urdha dhanurasana pascimottanasana salamba sarvangasana halasana karnapidasana urdha padmasana pindasana matsyasana uttana padasana sirsasana ardha sirsasana baddha padmasana yogamudra padmasana upthithi samasthitih