








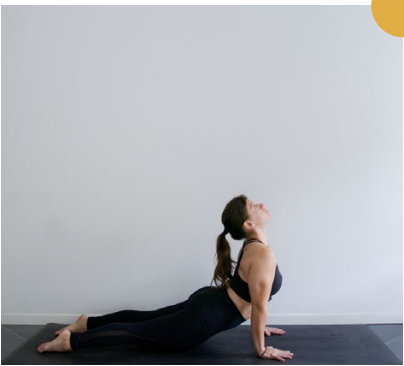
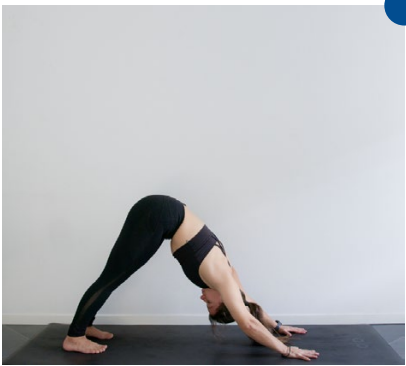
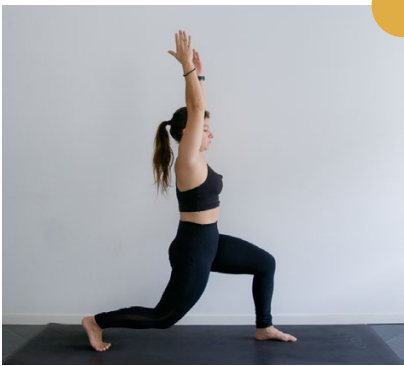

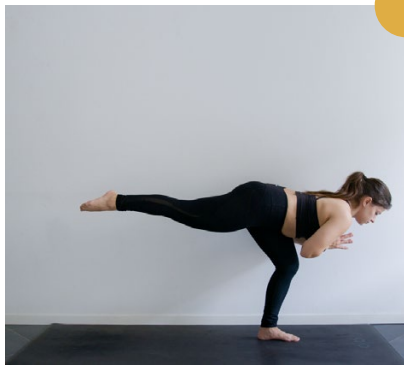


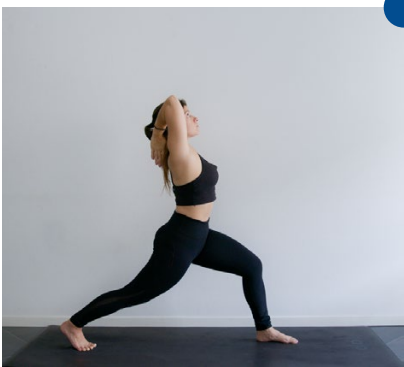


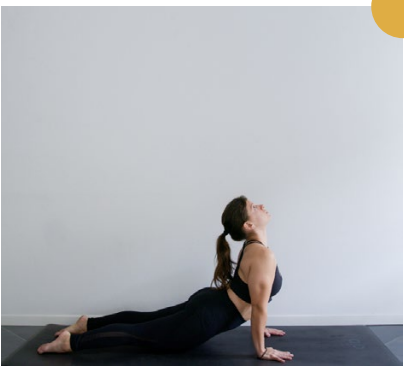
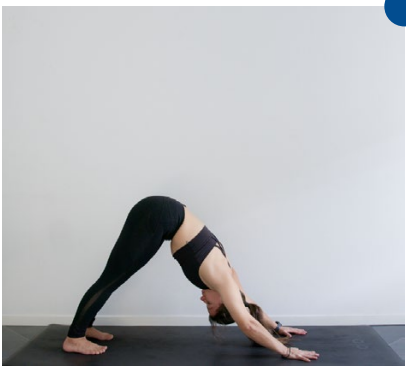






AWAKENING YOGA				
<i>Surya Namaskara B</i>  SUN B	 <p>ADHO MUKHA SVANASANA DOWNWARD FACING DOG</p>	 <p>DOBLE BENT LEG LUNGE</p>	 <p>HIGH LUNGE</p>	 <p>CROUCHING WARRIOR</p>
	RIGHT LEG			
 <p>VIRABHADRASANA III WARRIOR 1</p>	 <p>URDHVA MUKHA SVANASANA UPWARD FACING DOG</p>	 <p>HIGH LUNGE CRADLE</p>	 <p>HIGH LUNGE BACKBEND</p>	 <p>3 LEGGED DOWNWARD FACING DOG</p>
 <p>URDHVA MUKHA SVANASANA UPWARD FACING DOG</p>	 <p>ADHO MUKHA SVANASANA DOWNWARD FACING DOG</p>	 <p>DOBLE BENT LEG LUNGE</p>	 <p>HIGH LUNGE</p>	 <p>CROUCHING WARRIOR</p>
LEFT LEG				
 <p>VIRABHADRASANA III WARRIOR 1</p>	 <p>HIGH LUNGE</p>	 <p>HIGH LUNGE CRADLE</p>	 <p>HIGH LUNGE BACKBEND</p>	 <p>3 LEGGED DOWNWARD FACING DOG</p>
 <p>URDHVA MUKHA SVANASANA UPWARD FACING DOG</p>	 <p>ADHO MUKHA SVANASANA DOWNWARD FACING DOG</p>			
 <p>© 2023 VSCANNONE</p>		 <p>INHALE</p>	 <p>EXHALE</p>	 <p>HOLD BREATH</p>