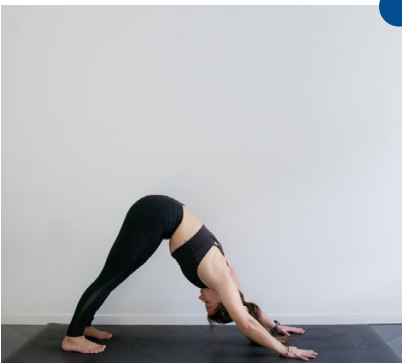
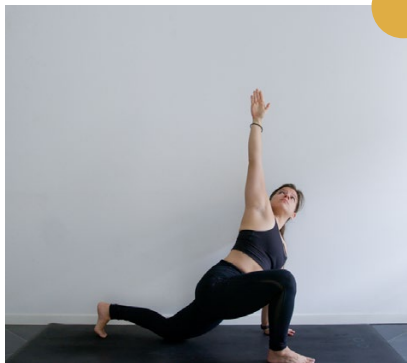


Aly Surya Namaste

WARM UP



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG



LUNGE OPEN TWIST



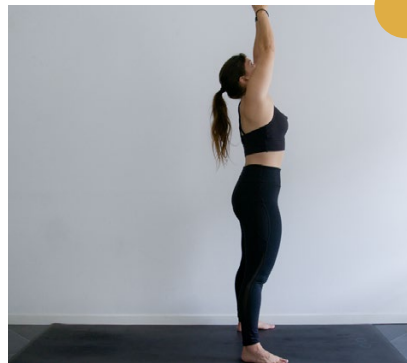
EXTENDED PYRAMID



ACTIVE SQUAT



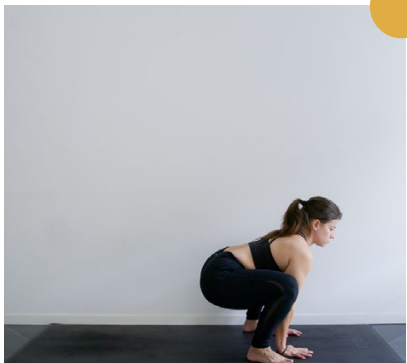
SAMASTITIHI/TADASANA
MOUNTAIN



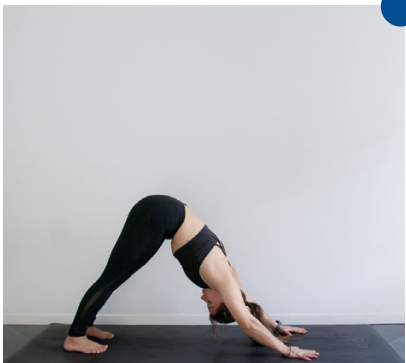
URDHVA HASTASANA
HANDS UP



ACTIVE SQUAT



PREP FOR JUMP/STEP BACK



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG

RIGHT LEG



LUNGE OPEN TWIST



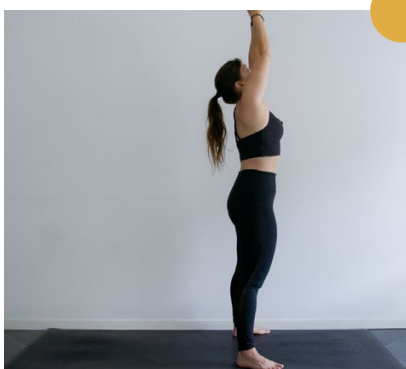
EXTENDED PYRAMID



ACTIVE SQUAT



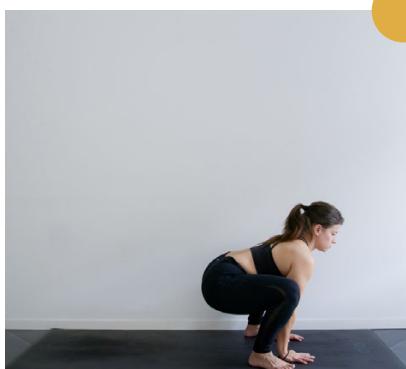
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MOUNTAIN



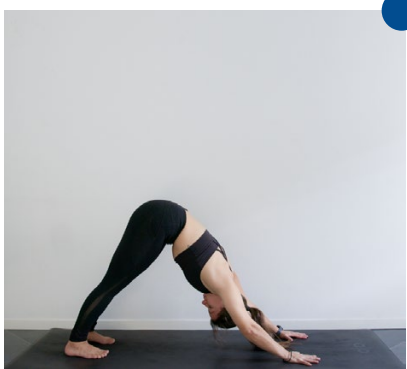
URDHVA HASTASANA
HANDS UP



ACTIVE SQUAT



PREP FOR JUMP/STEP BACK



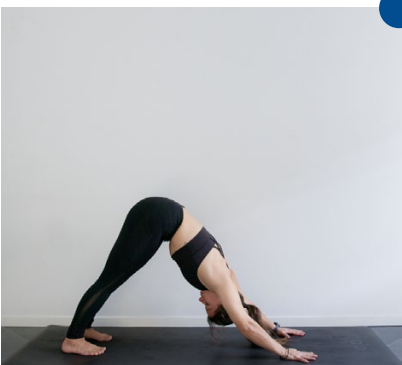
ADHO MUKHA SVANASANA
DOWNWARD FACING DOG

VINYASA

LEFT LEG

Aly Surya Namaste A

AY SUN A



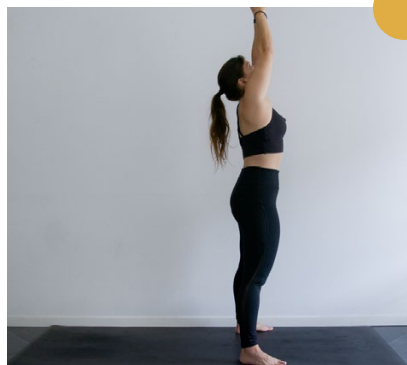
ADHO MUKHA SVANASANA
DOWNWARD FACING DOG



ACTIVE SQUAT



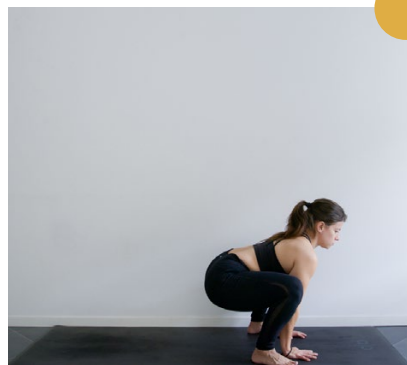
SAMASTITIHI/TADASANA
MOUNTAIN



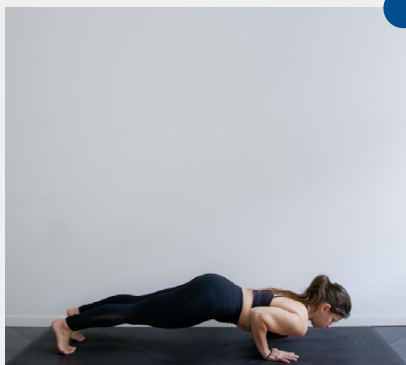
URDHVA HASTASANA
HANDS UP



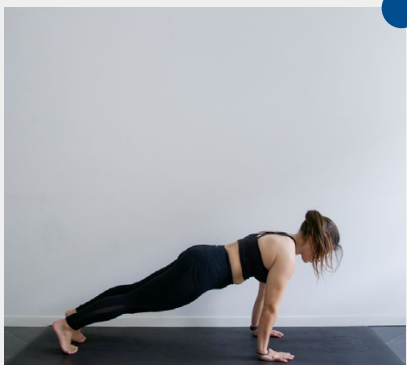
ACTIVE SQUAT



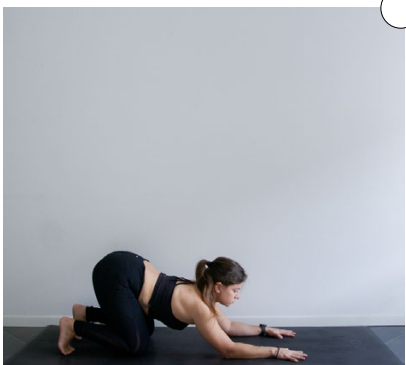
PREP FOR JUMP/STEP BACK



CHATURANGA DANDASANA
LOW POUH UP

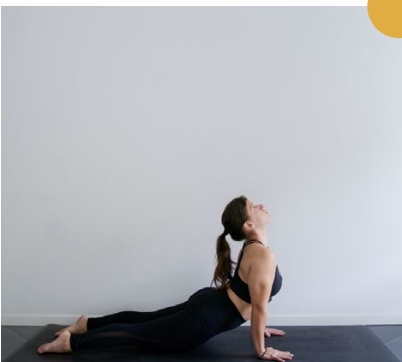


PLANK

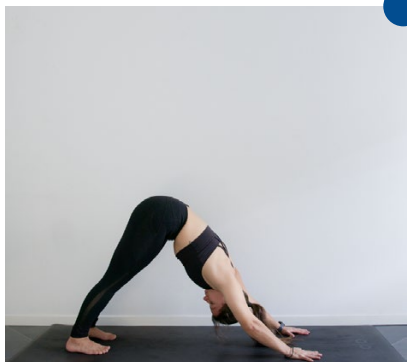


KNEES AND ELBOWS DOWN

FULL BREATH OUT



URDHVA MUKHA SVANASANA
UPWARD FACING DOG



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG

Aly Surya Namaste B

AY SUN B



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG



DOBLE BENT LEG LUNGE



HIGH LUNGE



CROUNCHING WARRIOR



VIRABHADRASANA III
WARRIOR III



HIGH LUNGE



HIGH LUNGE CRADLE

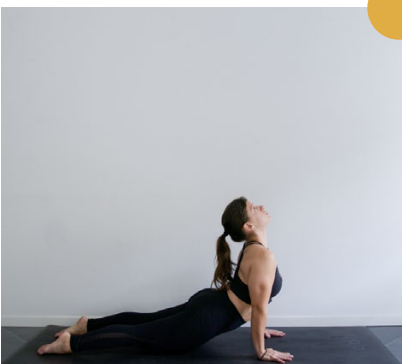


HIGH LUNGE BACKBEND

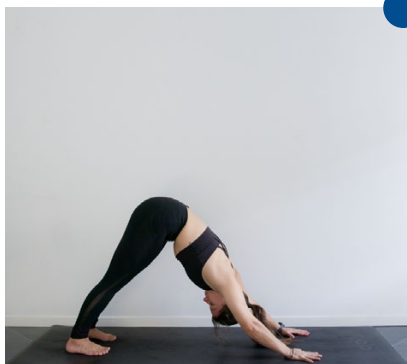


3 LEG DOG

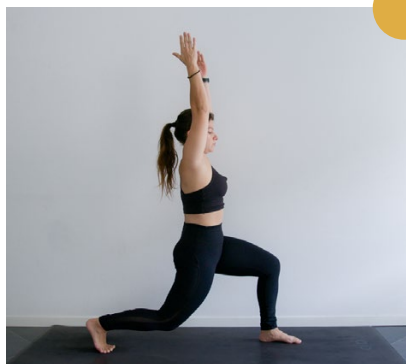
RIGHT LEG



URDHVA MUKHA SVANASANA
UPWARD FACING DOG



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG



DOBLE BENT LEG LUNGE



HIGH LUNGE



CROUNCHING WARRIOR



VIRABHADRASANA III
WARRIOR TIII



HIGH LUNGE



HIGH LUNGE CRADLE

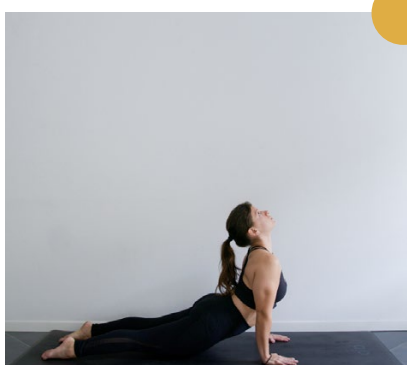


HIGH LUNGE BACKBEND

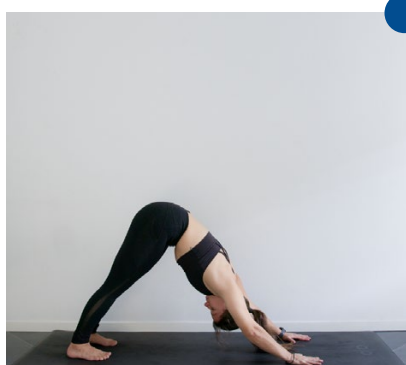
LEFT LEG



3 LEG DOG



URDHVA MUKHA SVANASANA
UPWARD FACING DOG



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG

