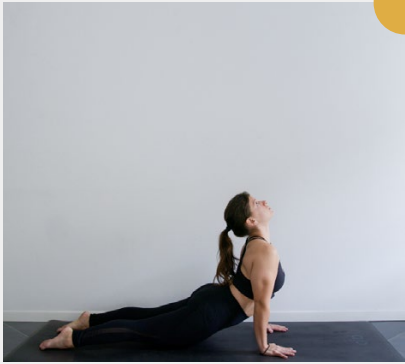
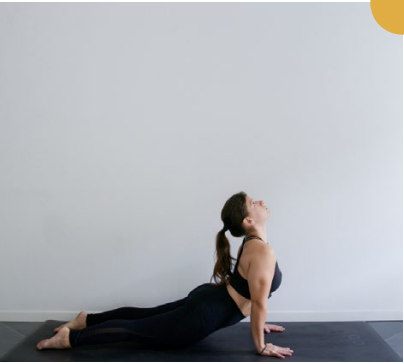
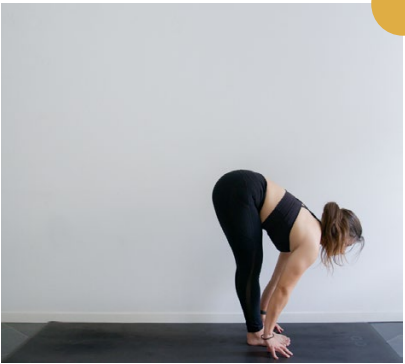


ASHTANGA YOGA				
Sarga Namaskar B				
	SAMASTITHI/TADASANA MOUNTAIN	UTKATASANA CHAIR	UTTANASANA FORWARD FOLD	ARDHA UTTANASANA HEAD UP
				VINYASA
VINYASA			RIGHT LEG	
				
LEFT LEG		5 BREATHS		
				
ARDHA UTTANASANA HEAD UP	UTTANASANA FORWARD FOLD	UTKATASANA CHAIR	SAMASTITHI/TADASANA MOUNTAIN	
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