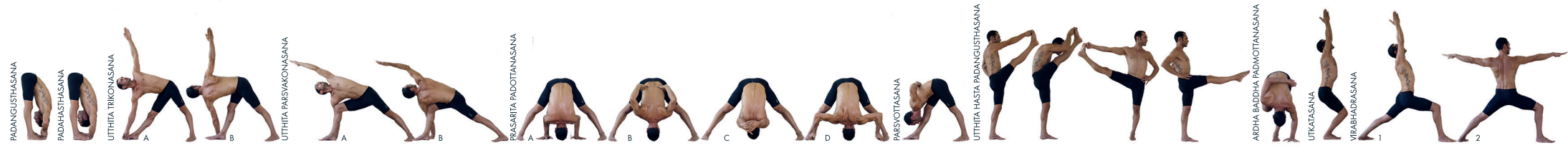




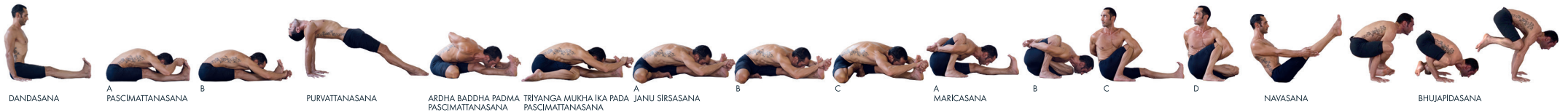
SURYA NAMASKARA A



SURYA NAMASKARA B



STANDING SEQUENCE



SEATED SEQUENCE



FINISHING SEQUENCE