


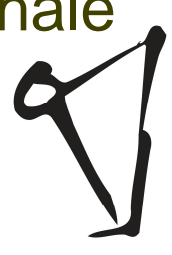









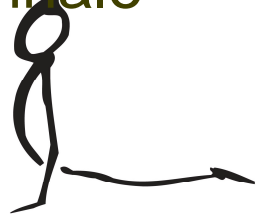

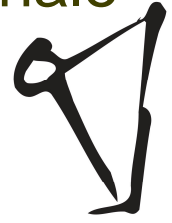





Surya Namaskara B

Sun Salutation B

 <p>Tadasana</p>	Inhale  <p>Utkatasana</p>	Exhale  <p>Uttanasana</p>	Inhale  <p>Ardha Uttanasana</p>
Exhale  <p>Chaturanga Dandasana</p>	Inhale  <p>Urdhva Mukha Svanasana</p>	Exhale  <p>Adho Mukha Svanasana</p>	Inhale  <p>Virabhadrasana I</p>
Exhale  <p>Chaturanga Dandasana</p>	Inhale  <p>Urdhva Mukha Svanasana</p>	Exhale  <p>Adho Mukha Svanasana</p>	Inhale  <p>Virabhadrasana I</p>
Exhale  <p>Chaturanga Dandasana</p>	Inhale  <p>Urdhva Mukha Svanasana</p>	Exhale  <p>Adho Mukha Svanasana</p>	Inhale  <p>Ardha Uttanasana</p>
Exhale  <p>Uttanasana</p>	Inhale  <p>Utkatasana</p>	Exhale  <p>Tadasana</p>	