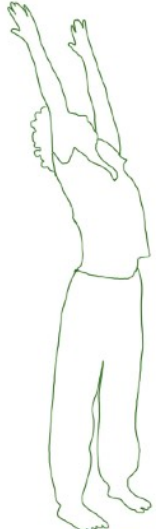
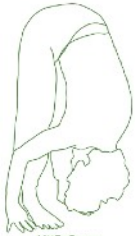


Sūrya Namaskāra



Urdhva hastāsana

IN



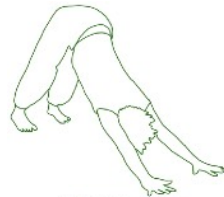
Uttānāsana

ES



Uttānāsana
base concava

IN



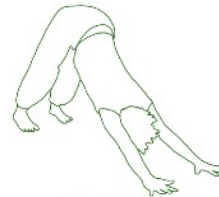
Adho Mukha Svānāsana

ES



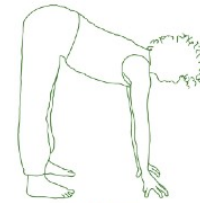
Bhujāṅgāsana

IN



Adho Mukha Svānāsana

ES



Uttānāsana
base concava

IN



Uttānāsana

ES



Urdhva hastāsana

IN



ES

