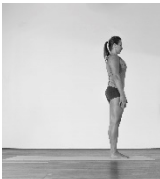


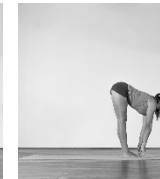






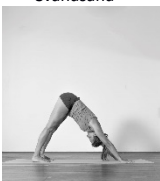










SURYA NAMASKARA A

Samasthitih		Uttanasana		Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana		Uttanasana		Samasthitih
										
	inhale ekam	exhale dve	inhale trini	exhale catvari	inhale panca	exhale + 5 breaths sat	inhale sapta	exhale astau	inhale nava	exhale

SURYA NAMASKARA B

Samasthitih	Utkatasana	Uttanasana		Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Virabradasana A	Chaturanga Dandasana	Urdhva Mukha Svanasana
									
	inhale ekam	exhale dve	inhale trini	exhale catvari	inhale panca	exhale sat	inhale sapta	exhale astau	inhale nava
Adho Mukha Svanasana	Virabradasana A	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana		Uttanasana	Utkatasana	Samasthitih	
									
exhale dasa	inhale ekadasa	exhale dvadasa	inhale trayodasa	exhale + 5 breaths caturdasa	inhale pancadasa	exhale sodasa	inhale saptadasa	exhale	