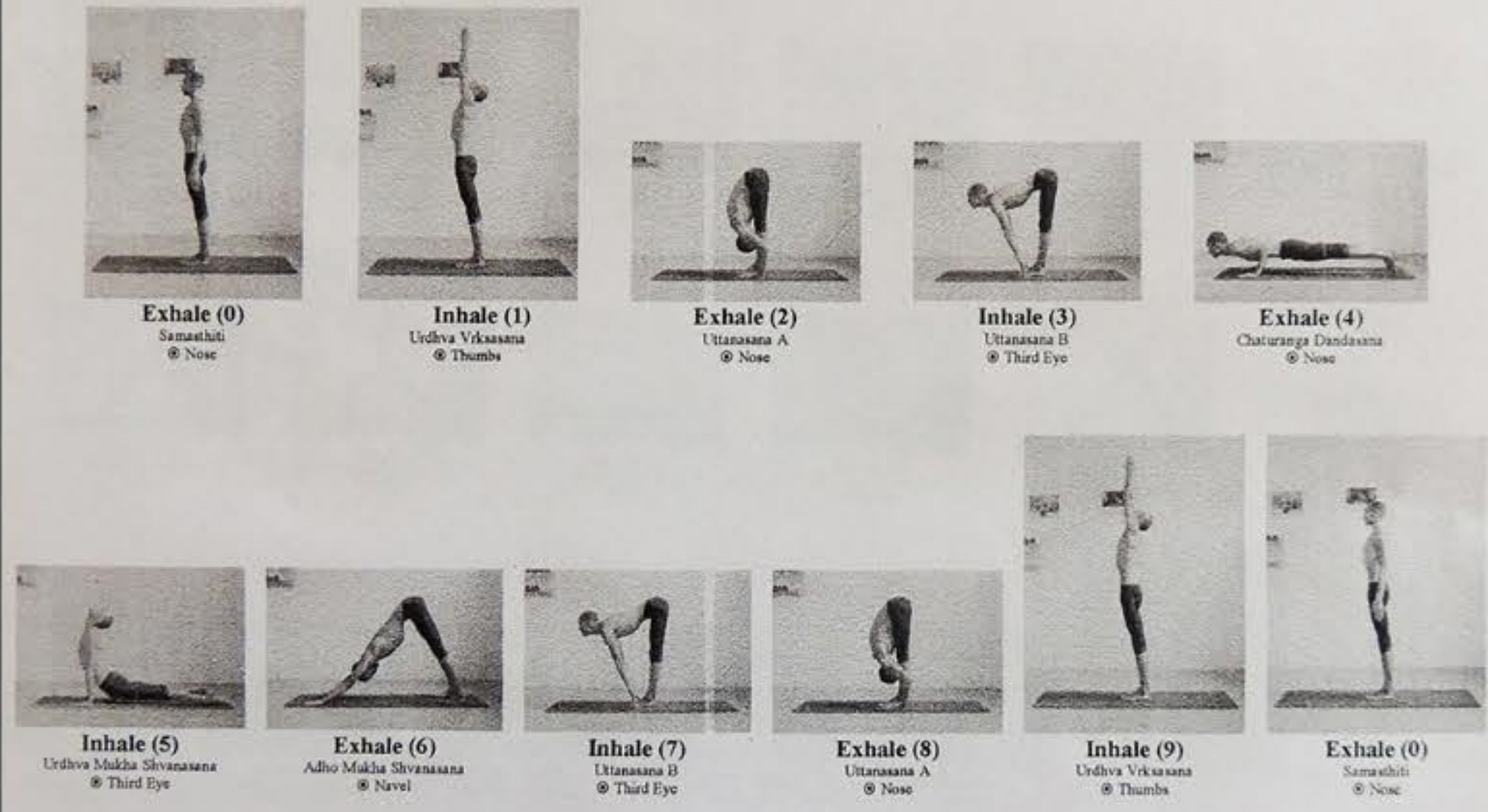


ASHTANGA VINYASA - PRIMARY SERIES COMPLETE SEQUENCE



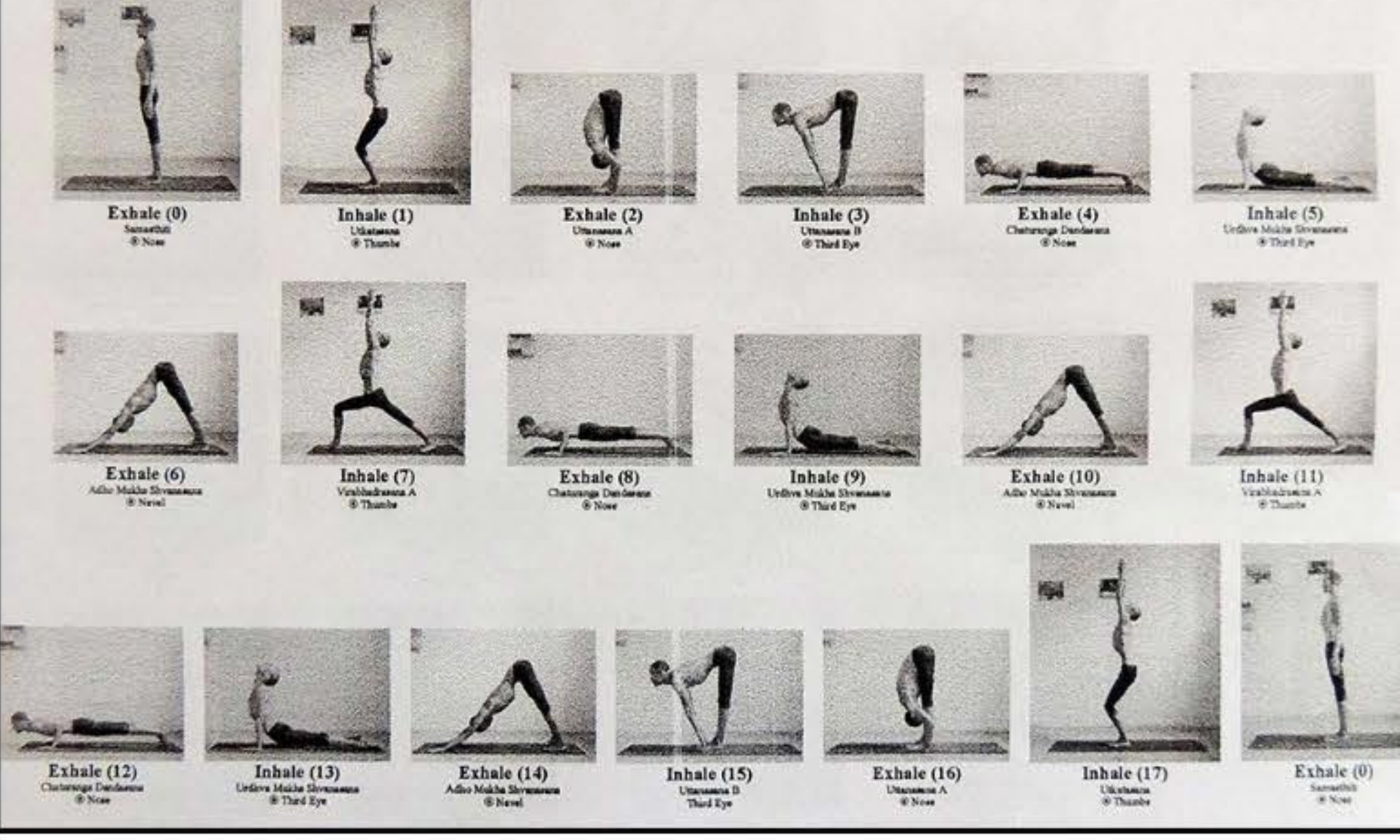
Surya Namaskar A

Surya Namaskara A



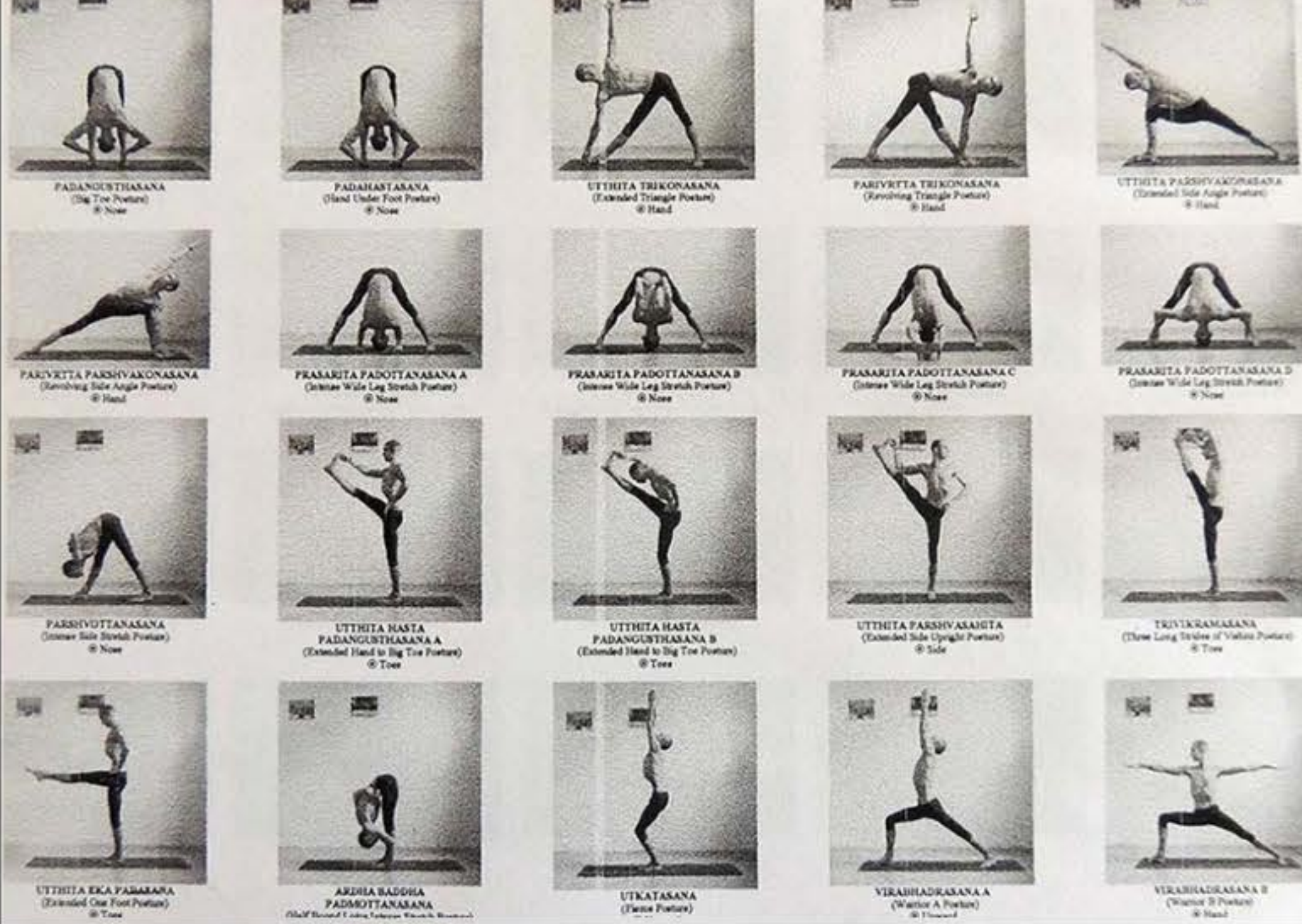
Surya Namaskar B

Surya Namaskara B



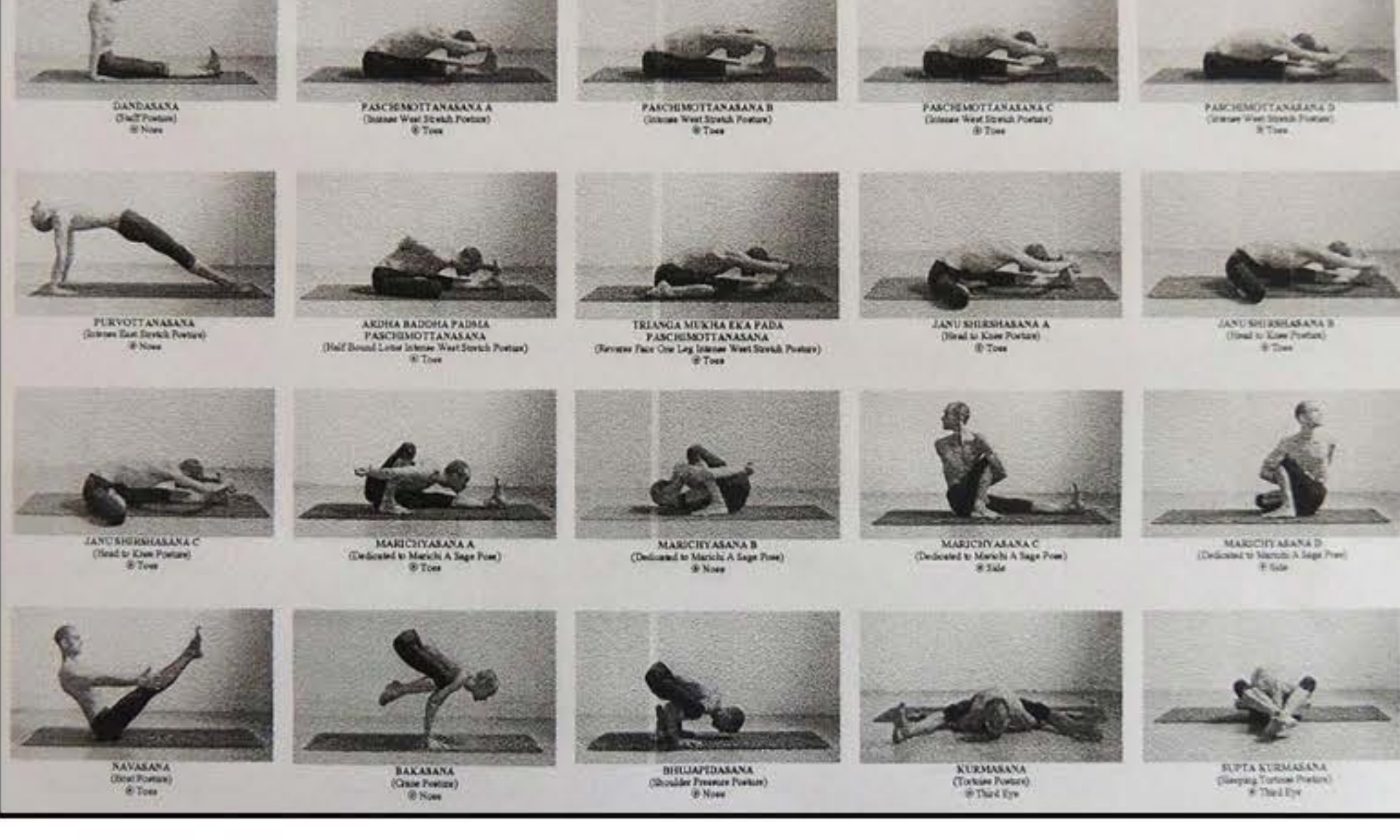
Primary Series

Primary Series



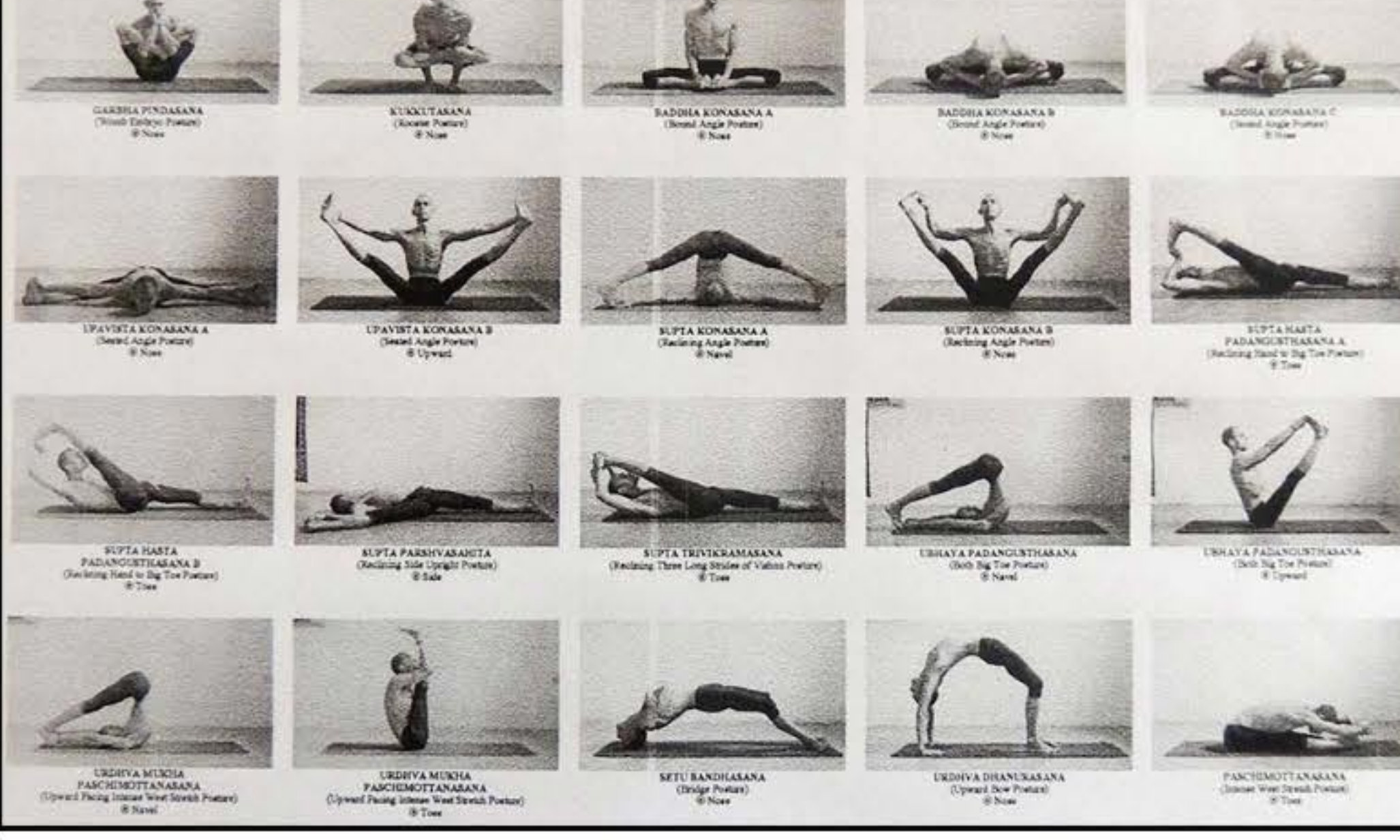
Primary Series

Primary Series



Primary Series

Primary Series



Primary Finishing Sequence

Primary Finishing Sequence

