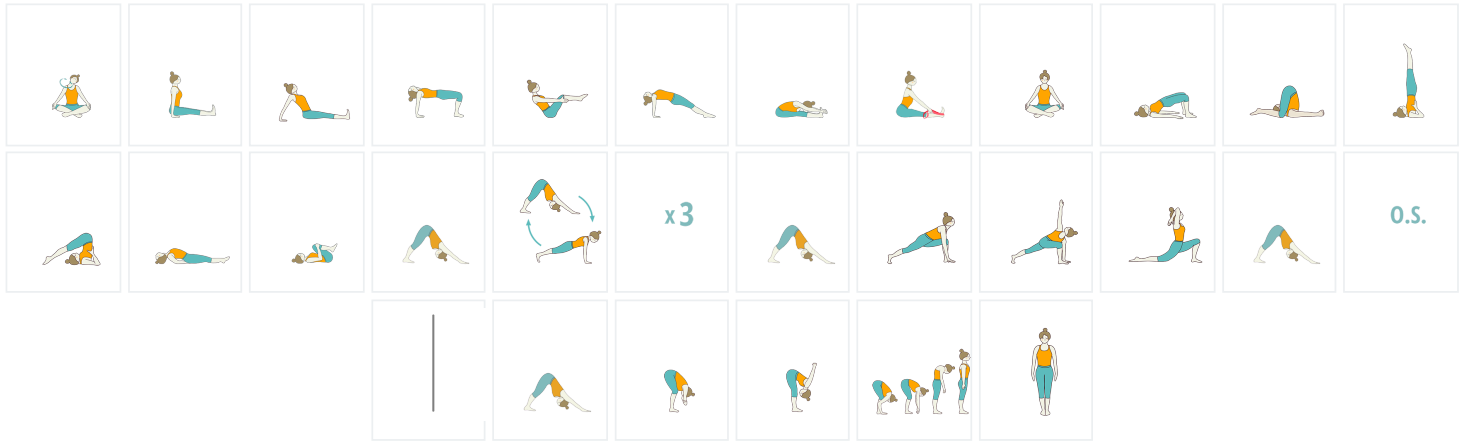
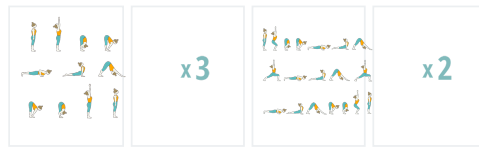


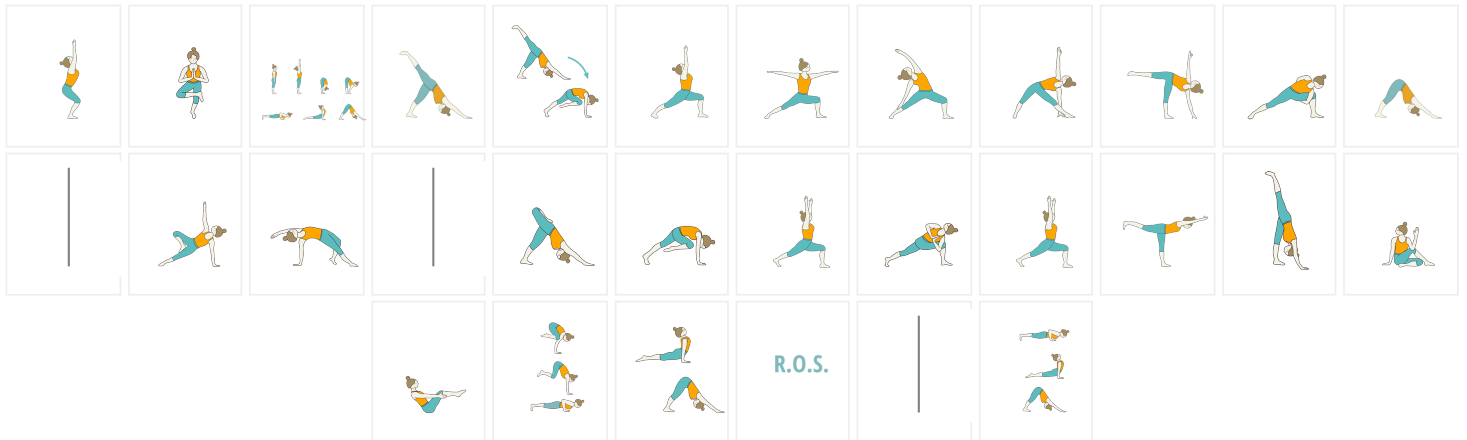
Preparation



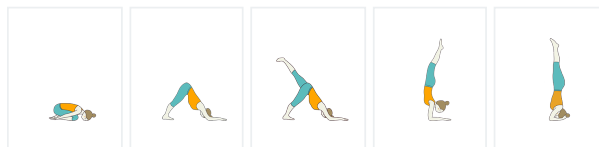
Surya Namaskar



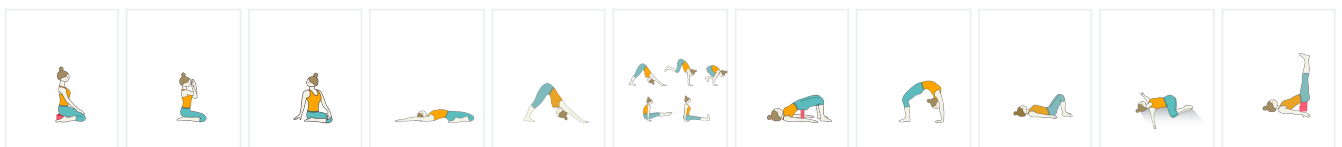
Standing Sequence



Arm Balance and Inversion



Back Bend



Finishing Sequence

