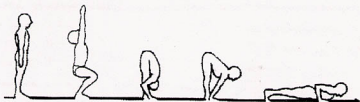


Suryanamaskar B



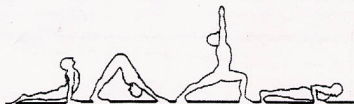
BREATH:

IN

EX

IN

EX

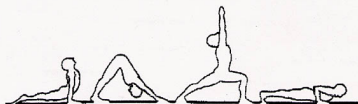


IN

EX

IN Right Leg

EX



IN

EX

IN Left Leg

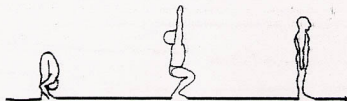
EX



IN

EX + 5 BREATHS

IN



EX

IN

EX