

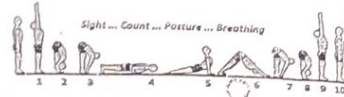
Sri BNS IYENGAR B.Sc

YOGAVISHARADA YOGARATHINAKARA

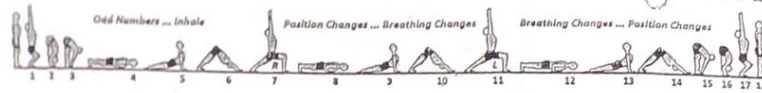
Mysore Krishnamachar Yogashala TRADITIONAL ASTHANGA VINYASA YOGA

PRIMARY SERIES

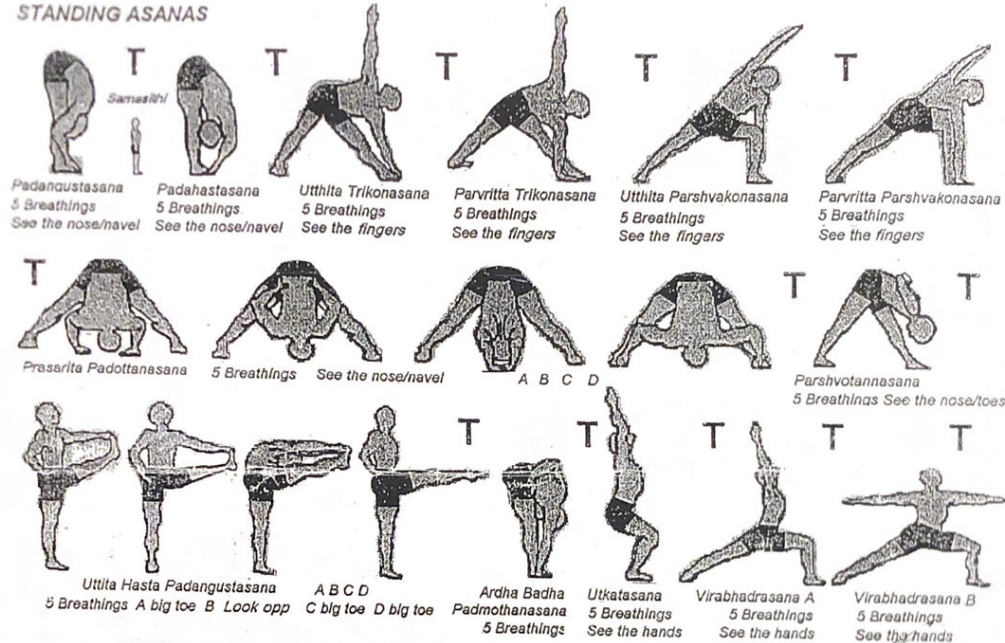
SURYA NAMASKAR A x 8



SURYA NAMASKAR B x 8



STANDING ASANAS



SITTING ASANAS

