

# Sun Salutations



Surya Namaskara A  
(5 times)



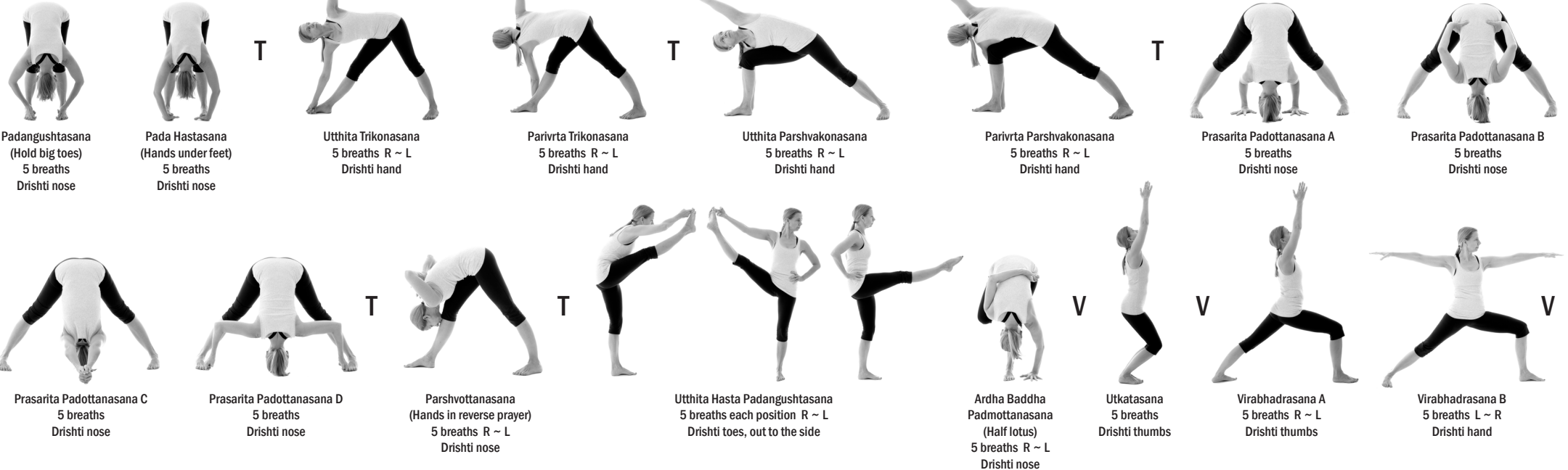
Surya Namaskara B  
(5 times)

# Ashtanga Yoga Primary Series

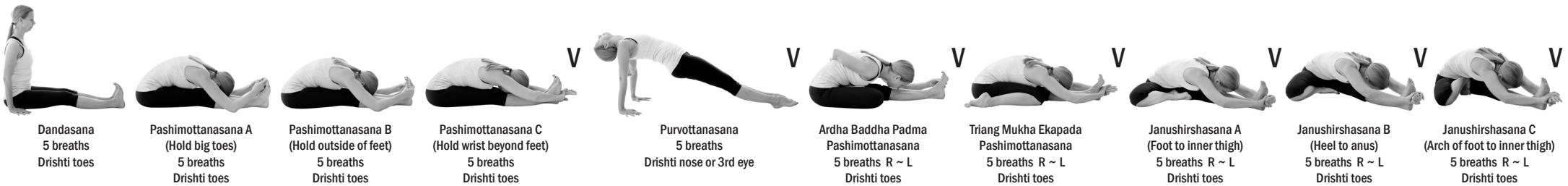
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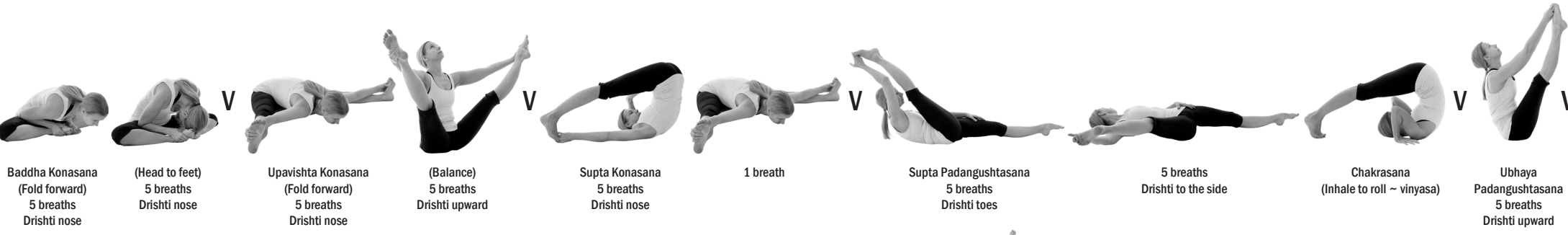
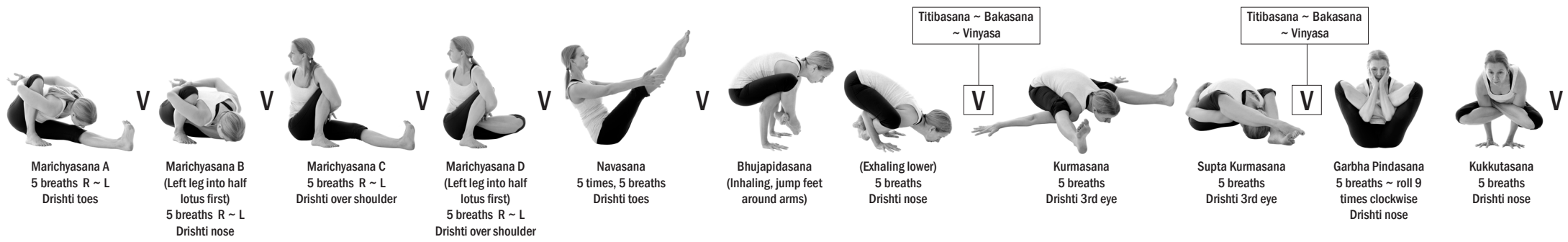
## Standing Sequence



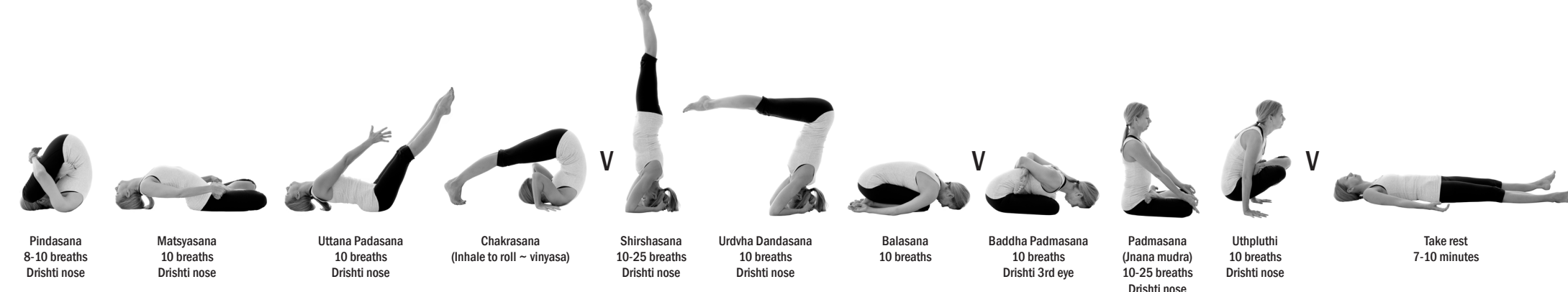
## Primary Series



T Top of mat V Vinyasa



### Finishing Sequence



T Top of mat V Vinyasa