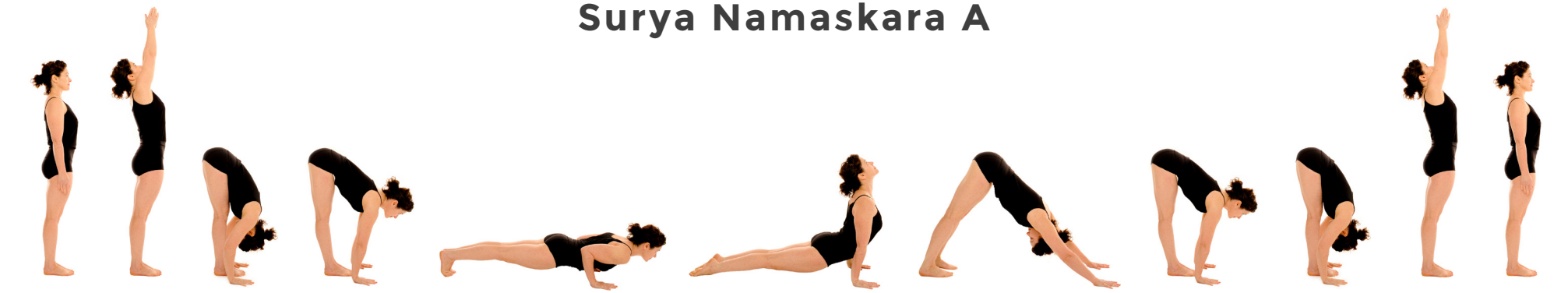
Ashtanga Yoga - Primary Series

with Sarcha Thurston

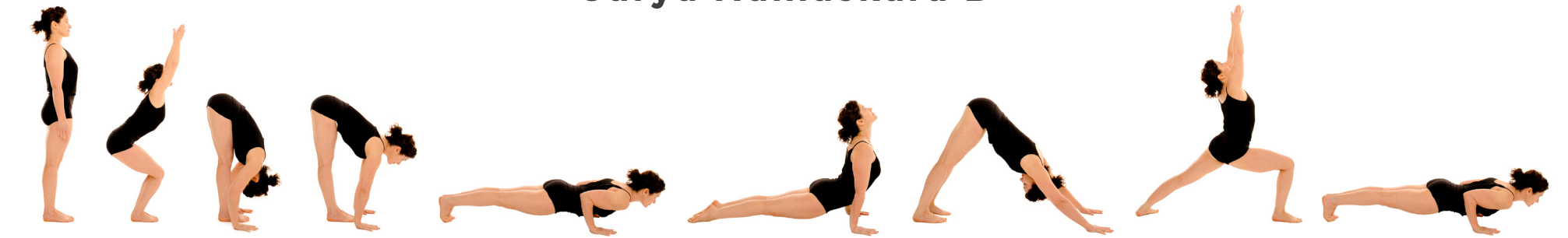
www.perthashtangayoga.com.au

Surya Namaskara A



samasthitih | inhale | exhale | inhale | exhaling jumping back | inhale | exhale and hold 5 breaths | inhale | exhale | inhale | exhale

Surya Namaskara B



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