

Surya Namaskara A

Sun Salutation A



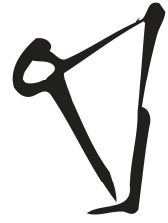
Tadasana



Utthitta Tadasana



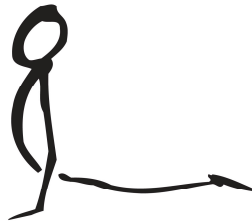
Uttanasana



Ardha Uttanasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Ardha Uttanasana



Uttanasana



Utthitta Tadasana



Tadasana