

Surya Namaskara B

Sun Salutation B



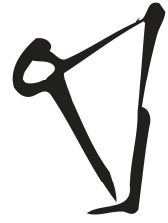
Tadasana



Utkatasana



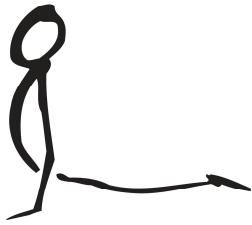
Uttanasana



Ardha Uttanasana



Chaturanga Dandasana



Urdhva Mukha Svanasana



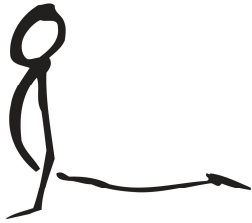
Adho Mukha Svanasana



Virabhadrasana I



Chaturanga Dandasana



Urdhva Mukha Svanasana



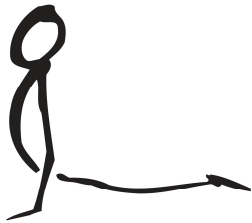
Adho Mukha Svanasana



Virabhadrasana I



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Adho Mukha Svanasana



Ardha Uttanasana



Uttanasana



Utkatasana



Tadasana