

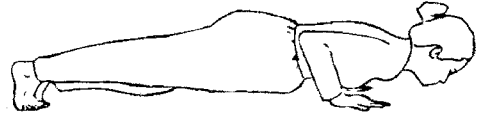
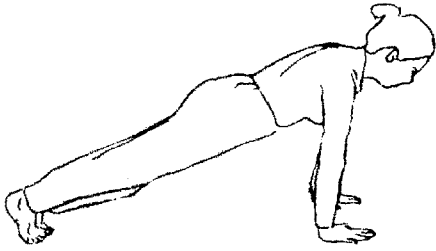
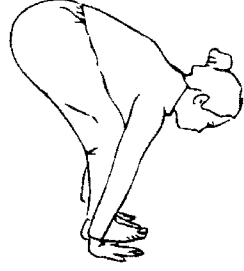
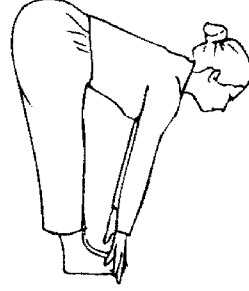
Sūrya Namaskar - Sun Salutation



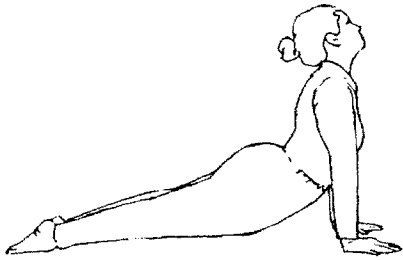
Tāḍāsana



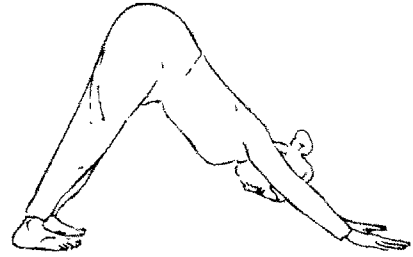
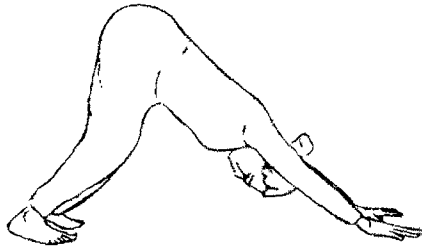
Uttānāsana



Chaturanga



Ūrdhva Mukha Śvānāsana



Adho Mukha Śvānāsana
(Dog Pose)