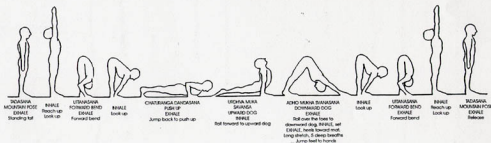


ASTANGA VINYASA YOGA

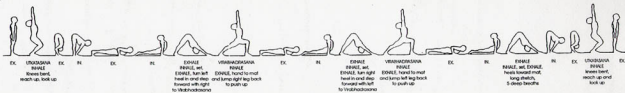
SURYANAMASKAR A

Start practice with at least 5 repetitions of Suryanamaskar A then continue straight into Suryanamaskar B



SURYANAMASKAR B

At least 5 repetitions of Suryanamaskar B then continue straight into Padangustasana, the first of the standing asanas.



FULL VINYASA

Example



HALF VINYASA

Example

