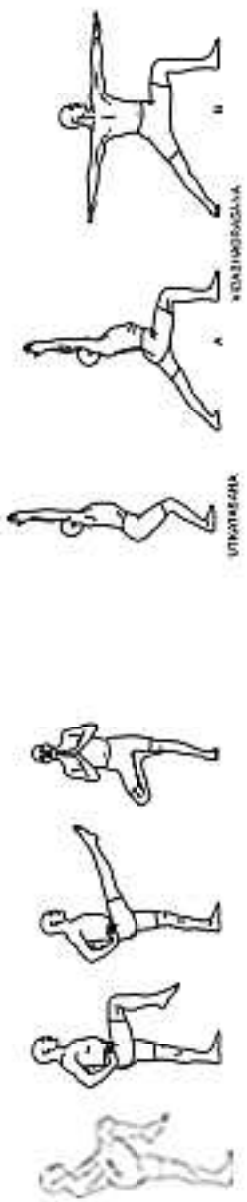


Ashtanga Basic Sequence

Standing Postures



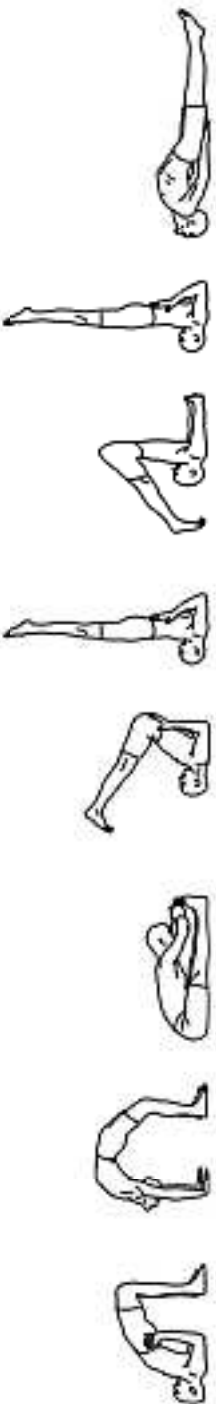
Balance Postures



Warrior Sequence



Seated Postures



Finishing Postures

