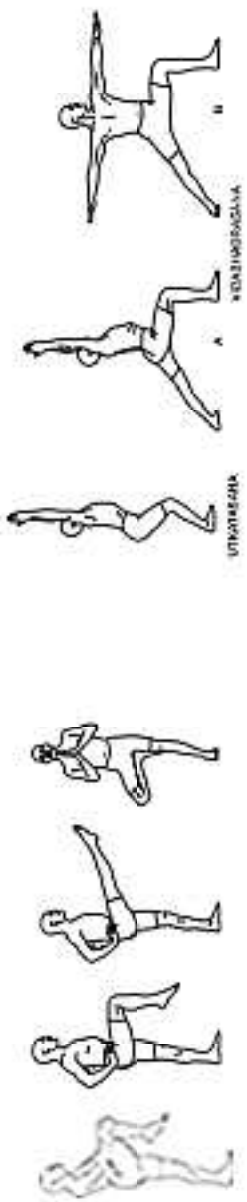


Ashtanga Basic Sequence

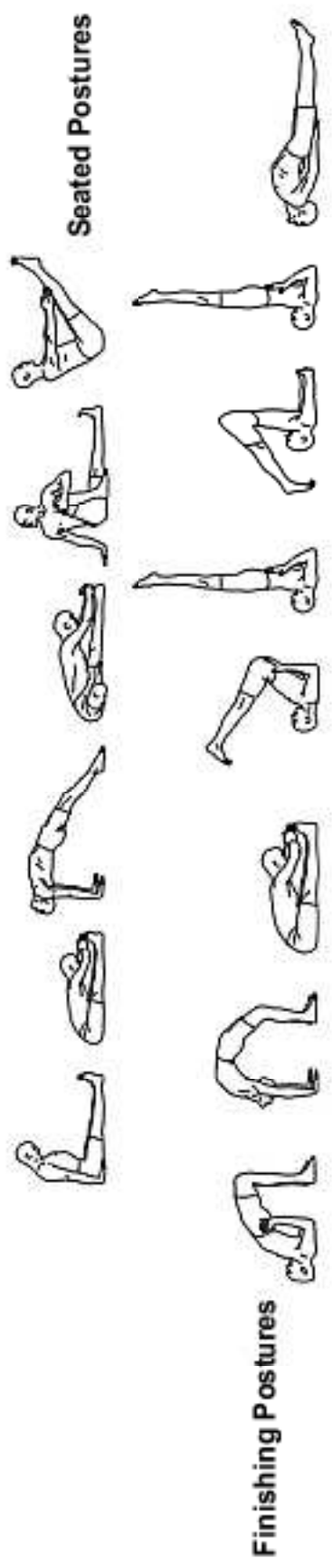
Standing Postures



Balance Postures



Warrior Sequence



Finishing Postures

