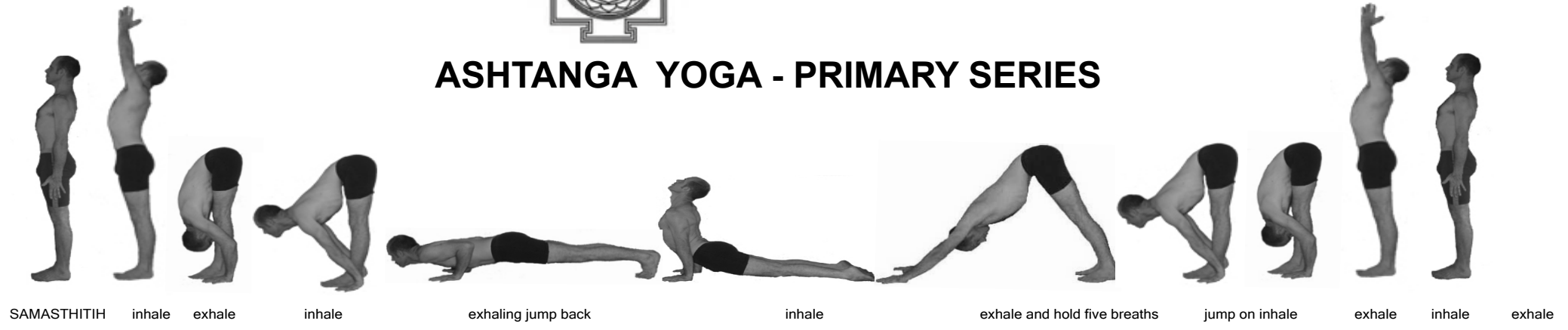


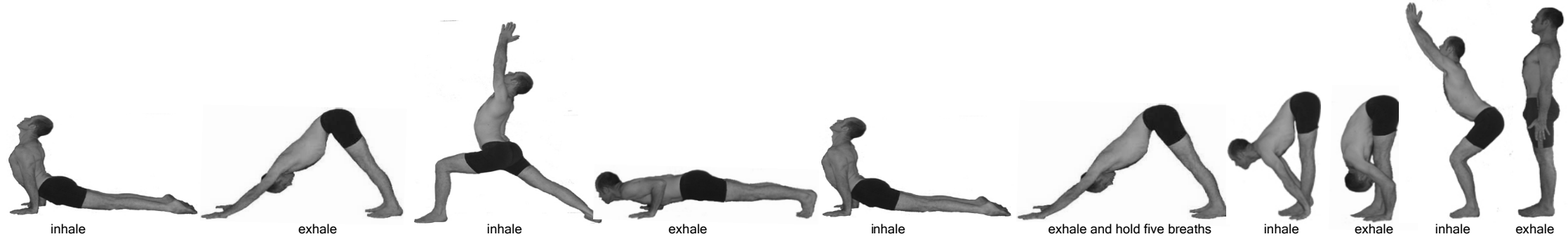
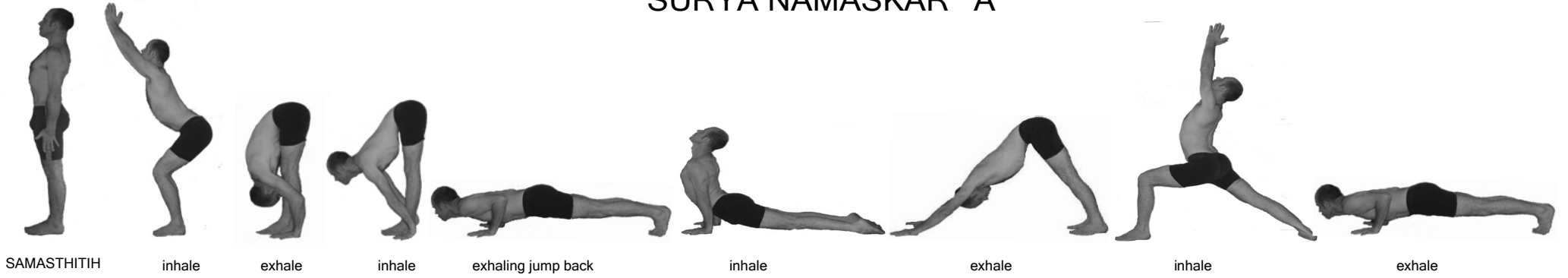


Chiang Mai YOGASALA

ASHTANGA YOGA - PRIMARY SERIES



SURYA NAMASKAR 'A'



SURYA NAMASKAR 'B'

Perform five of each Surya Namaskar