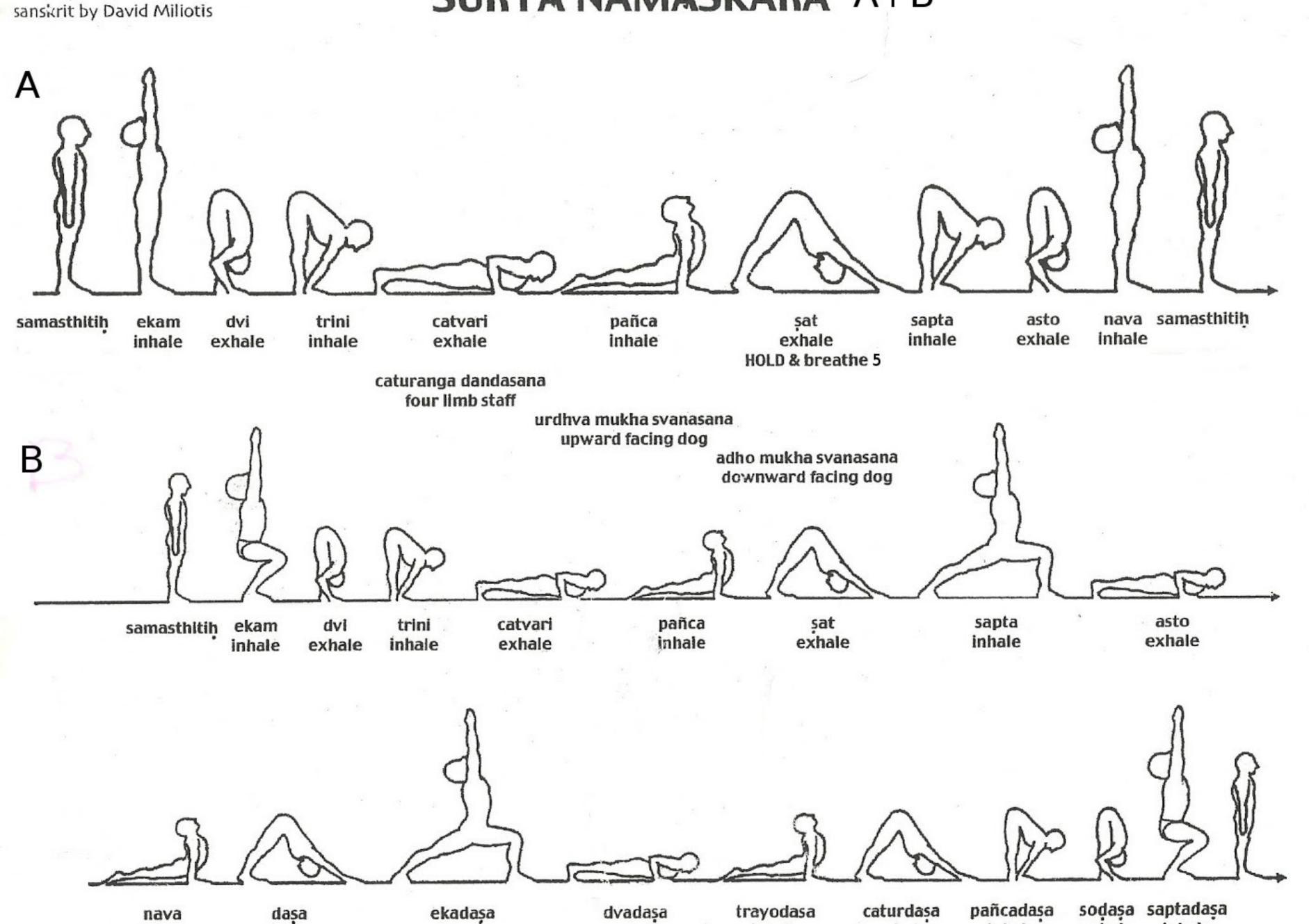
## SURYA NAMASKARA A+B



exhale

inhale

exhale

inhale

inhale

exhale

HOLD & breathe 5

inhale

inhale

exhale