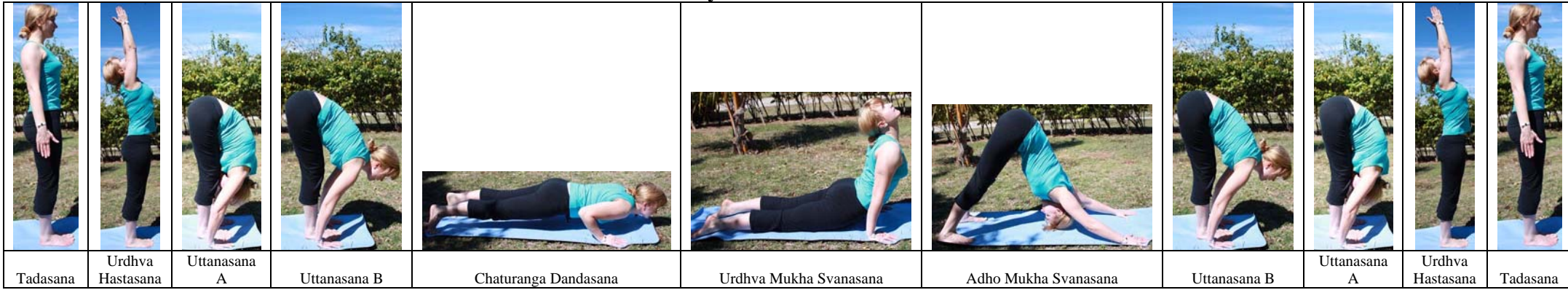


# ASHTANGA YOGA PRIMARY SERIES

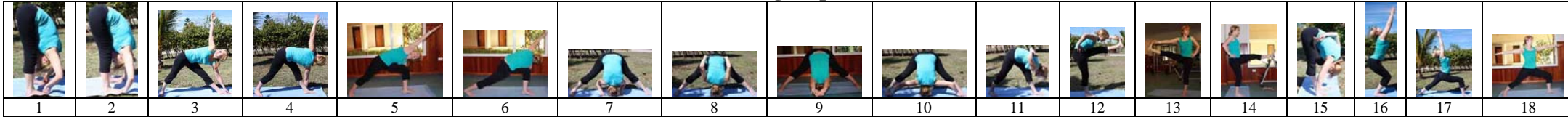
## Syria Namaskar A



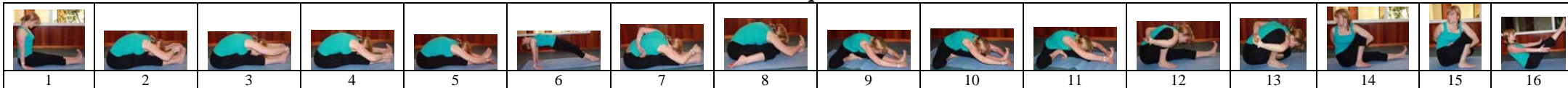
## Syria Namaskar B



## Standing Sequence



## Seated Sequence



## Finishing Sequence

