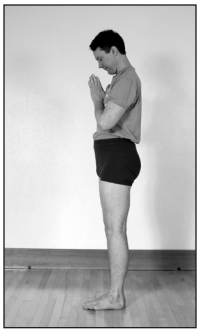
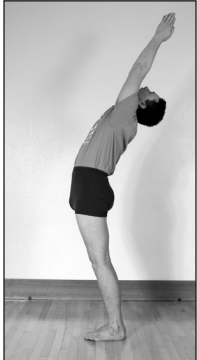


Purna Yoga™ Classical Surya Namaskar

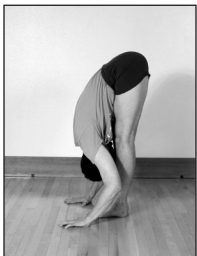
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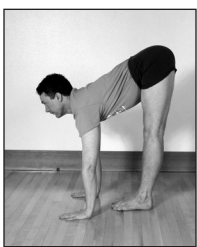
1. Exhale



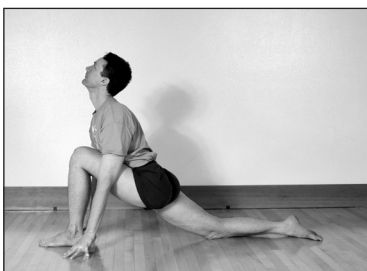
2. Inhale



3. Exhale



4. Inhale



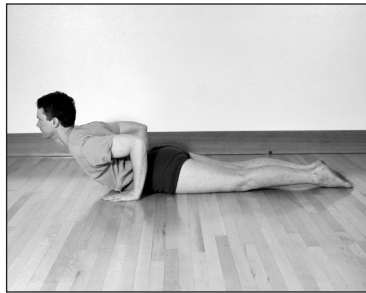
5. Exhaling step into pose.



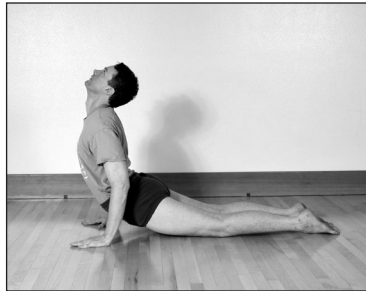
7. Exhaling step into pose.



9. Exhale



10. Inhale



11. Exhaling in pose.



12. Inhale



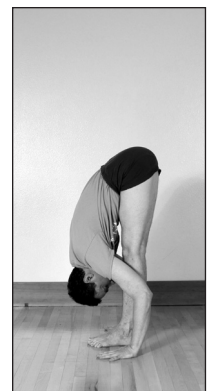
13. Exhale



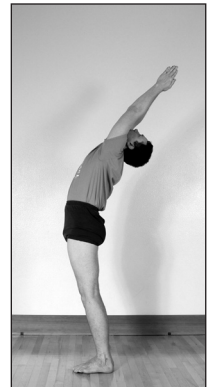
14. Inhaling look up.

15. Exhaling step into pose.

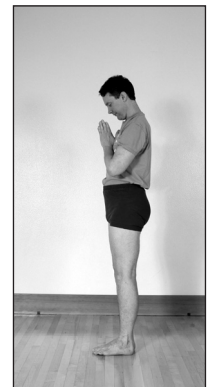
16. Inhaling look up.



17. Exhale



18. Inhale



19. Exhale