



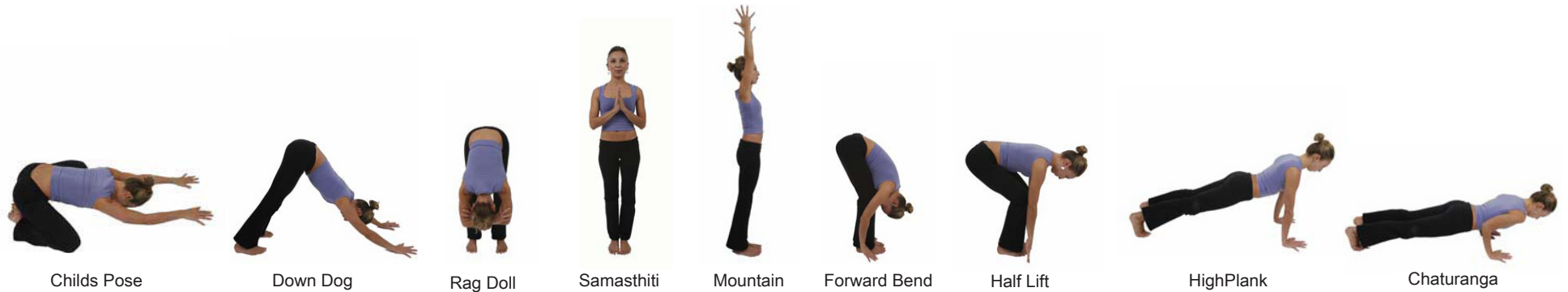



-  Begin Series
-  End Series
-  Repeat Series
-  Will repeat on opposite leg


Sun Salutations Flow #1 - 20 min. - Level 2



 Sun Salutation A



 Sun Salutation B















Chaturanga



Up Dog



Down Dog



on tops of feet



legs crossed



Lotus



comfortable seated position (options)