




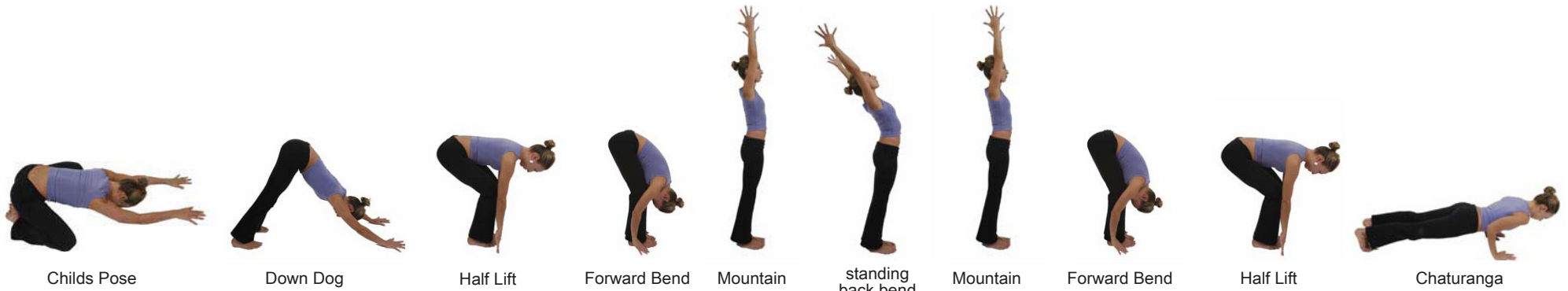

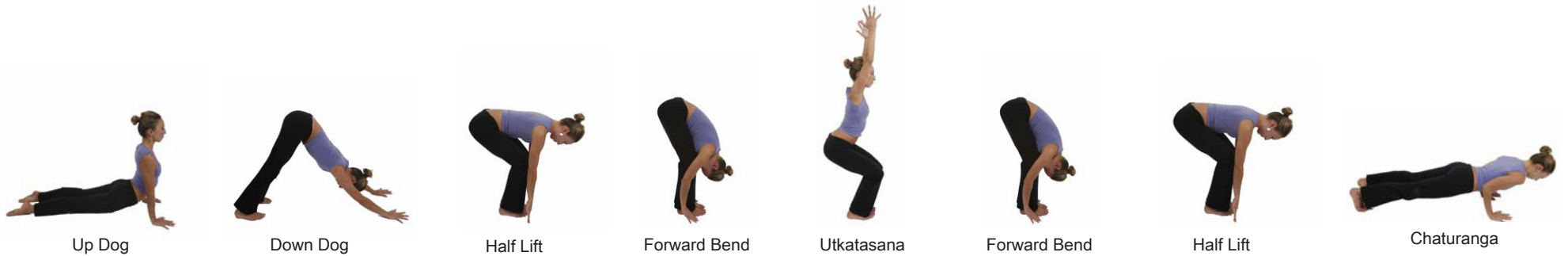


-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg.side

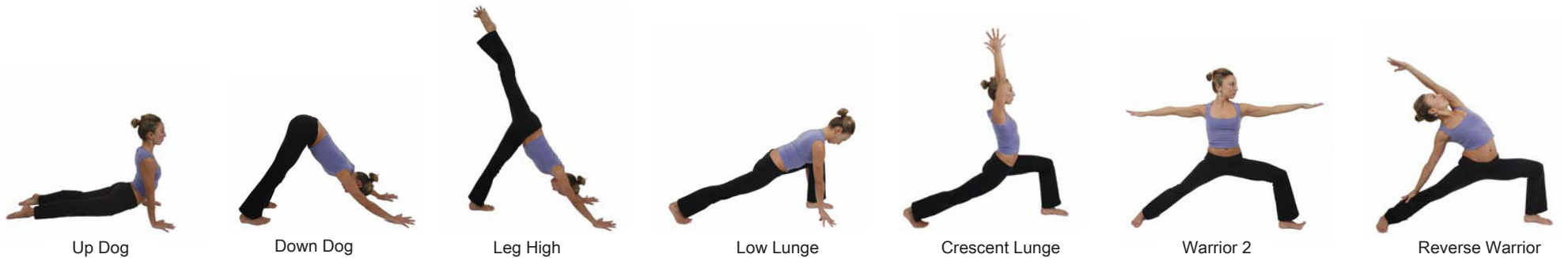


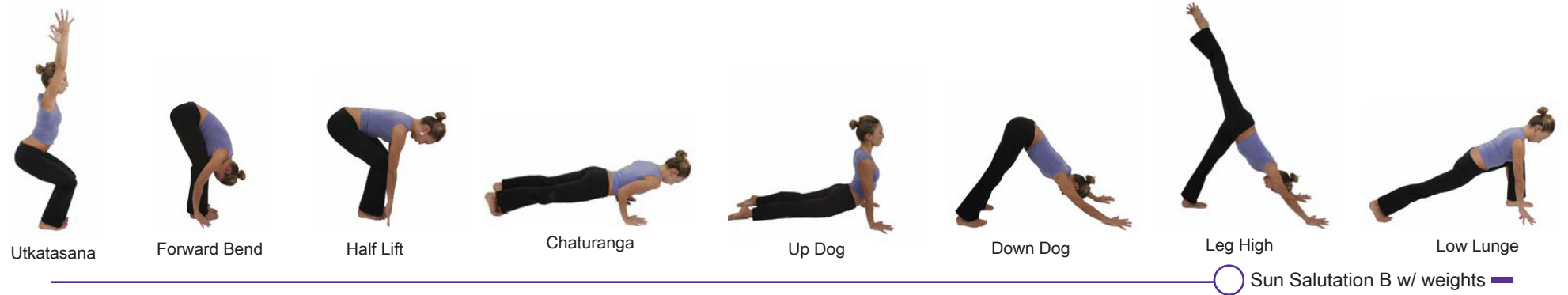
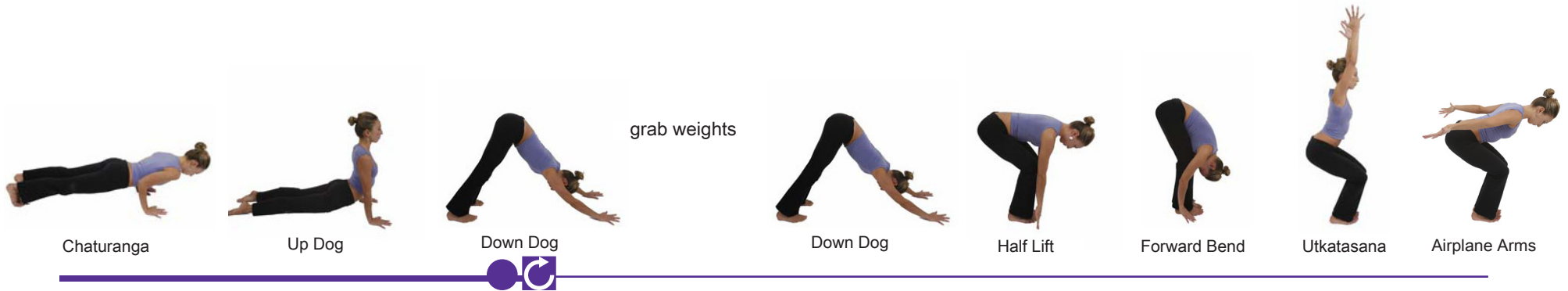
 Sun Salutation A



 Sun Salutation B





Sun Salutation B w/ weights

