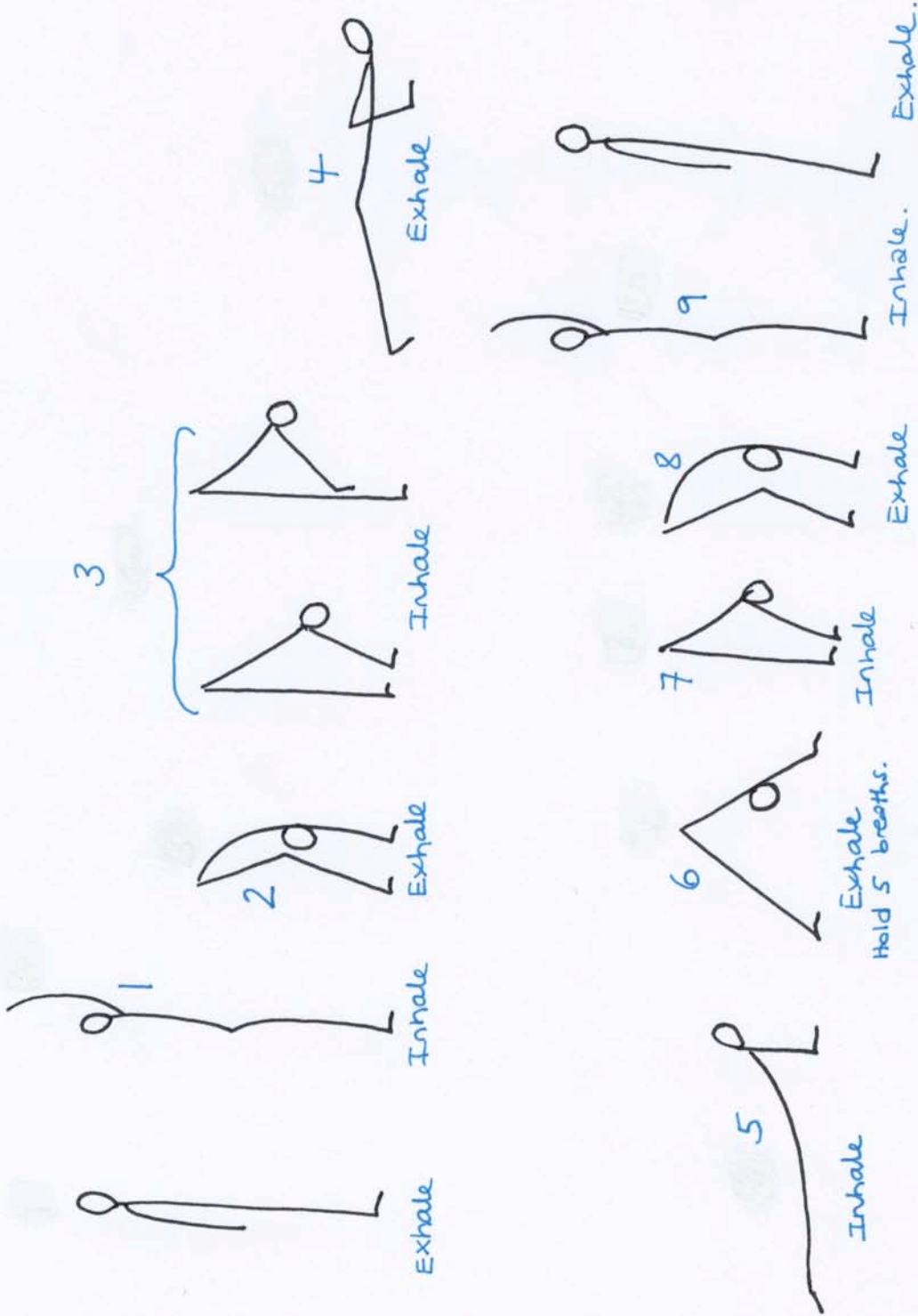


# Sun Salutation A



## Ashtanga vinyasa

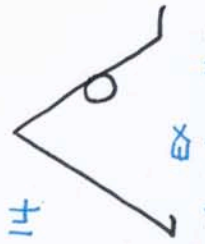
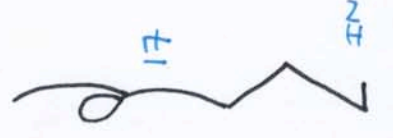
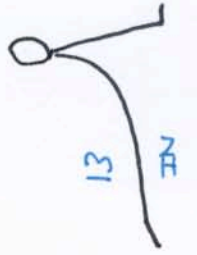
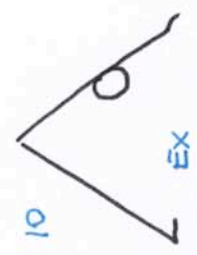
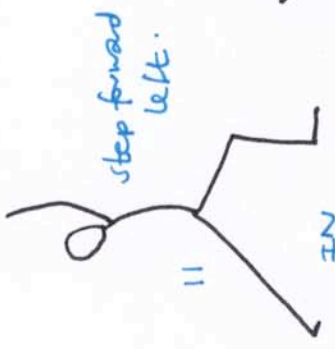
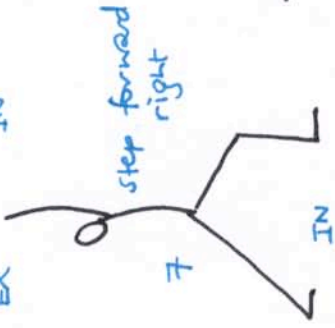
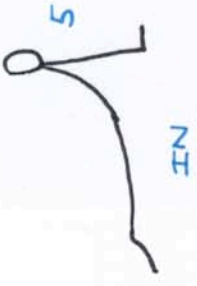
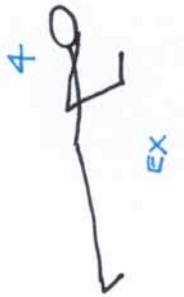
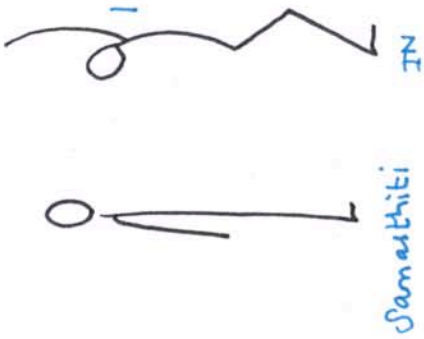
- Ujjayi - Bandha - Drishti
- Breathing - Locks - Focus



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# Sun Salutation B - Ashtanga vinyasa



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Ujjayi - Bandha - Drishti  
Breathe - locks - Focus