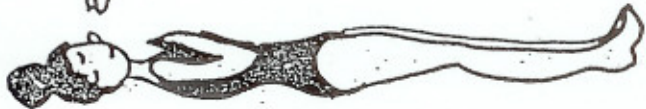


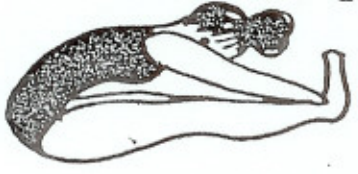
~ Suryanamaskar ~ Salute to the sun ~



Breathe



in • out



in



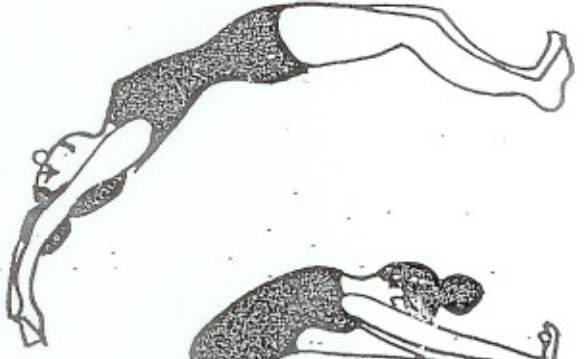
out



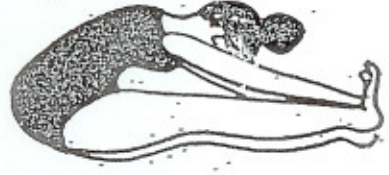
hold out



in



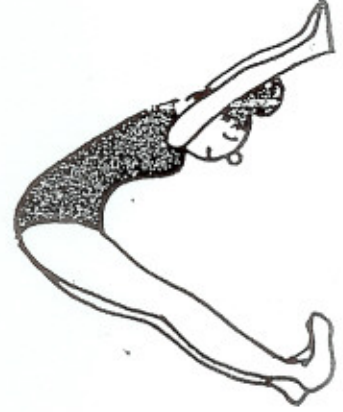
in



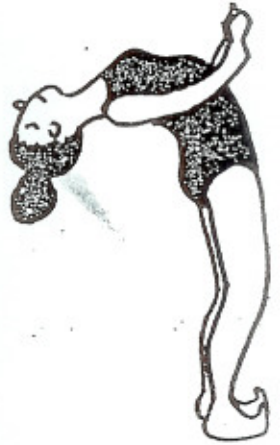
out



in



out



Breathe in