

## Surya Namaskara A



Samasthiti



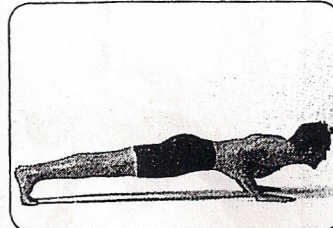
Uno



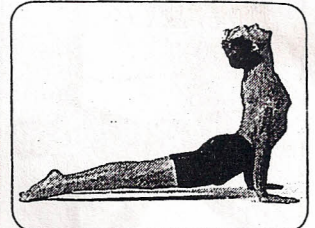
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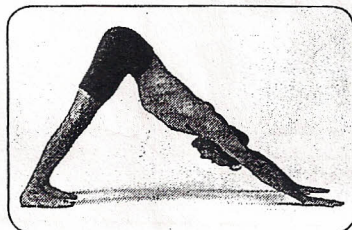
Tre



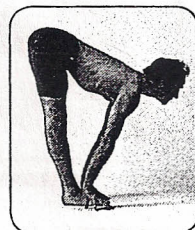
Quattro



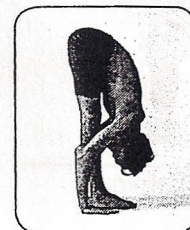
Cinque



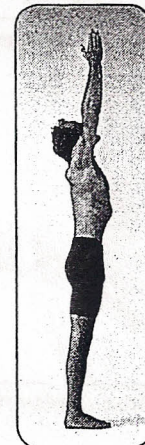
Sei  
(tenere per cinque respiri)



Sette



Otto



Nove



Samasthiti



vina vinyasayogena asanadin na karayet  
"Oh yogi, non praticare asana senza vinyasa."

Vamana Rishi