

Surya Namaskara B



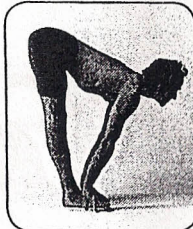
Samstithi



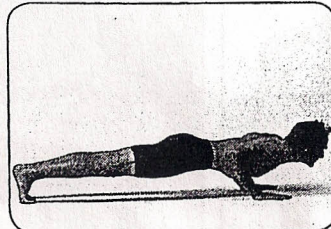
Uno



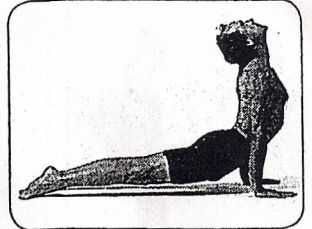
Due



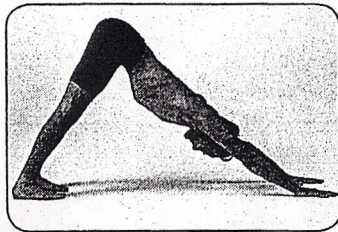
Tre



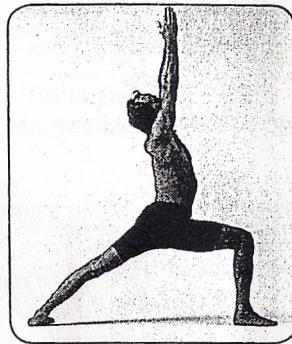
Quattro



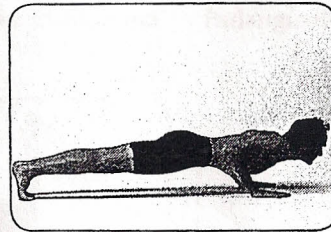
Cinque



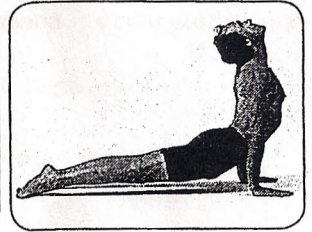
Sei



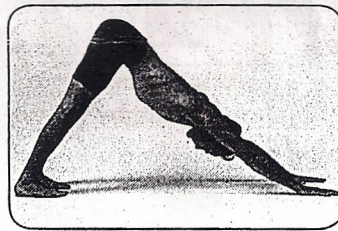
Sette



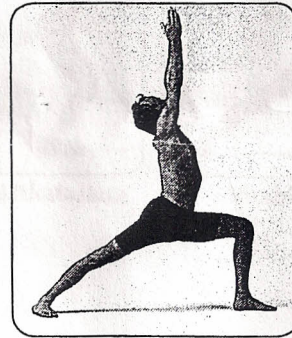
Otto



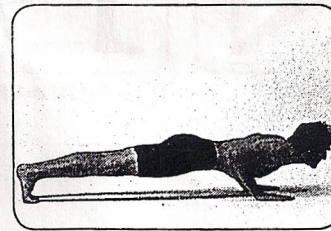
Nove



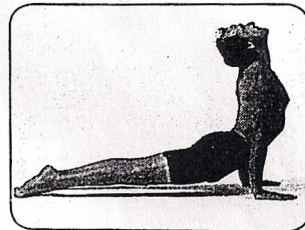
Dieci



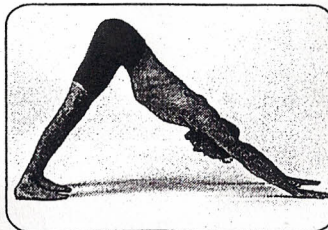
Undici



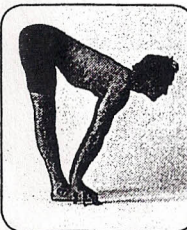
Dodici



Tredici



Quattorci
(Tenere per cinque respiri)



Quindici



Sedici



Diciassette



Samastithi