

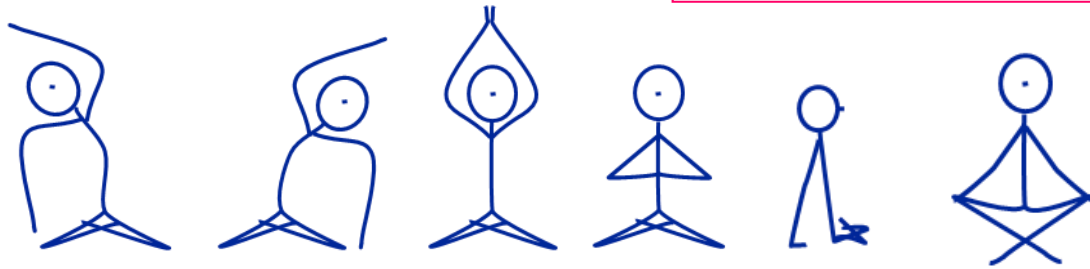


EARTH SALUTATION

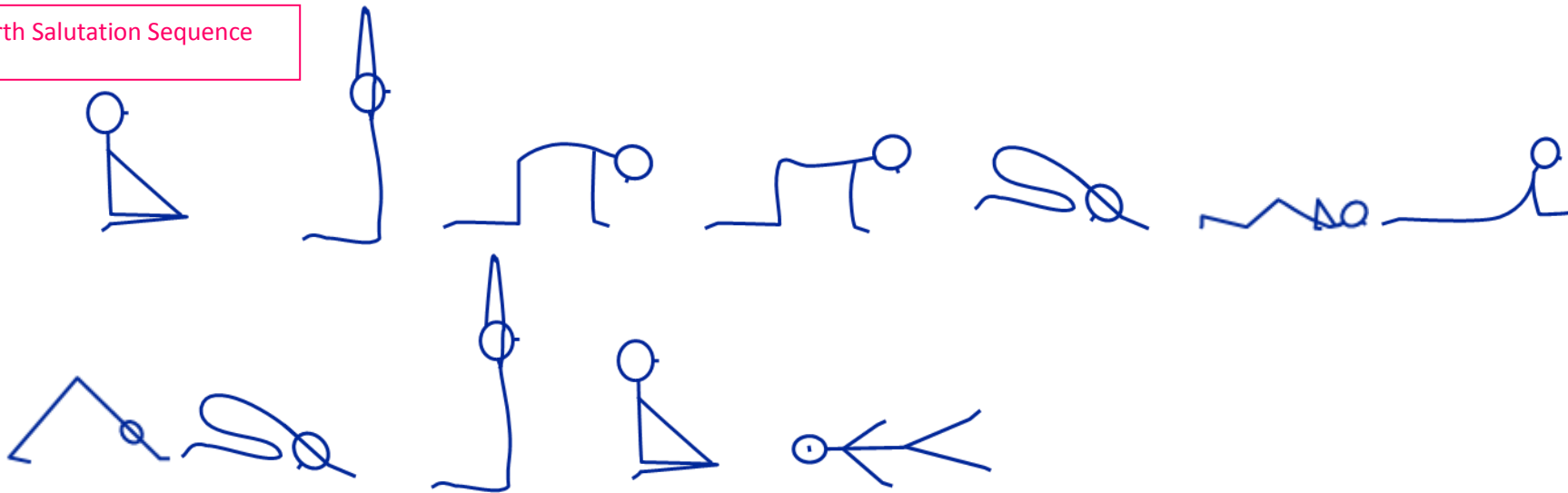
Settling period.
Full Yogic breath.



Warm up and limbering -
Ujjayi Pranyama



Earth Salutation Sequence



Savasana – final
relaxation

