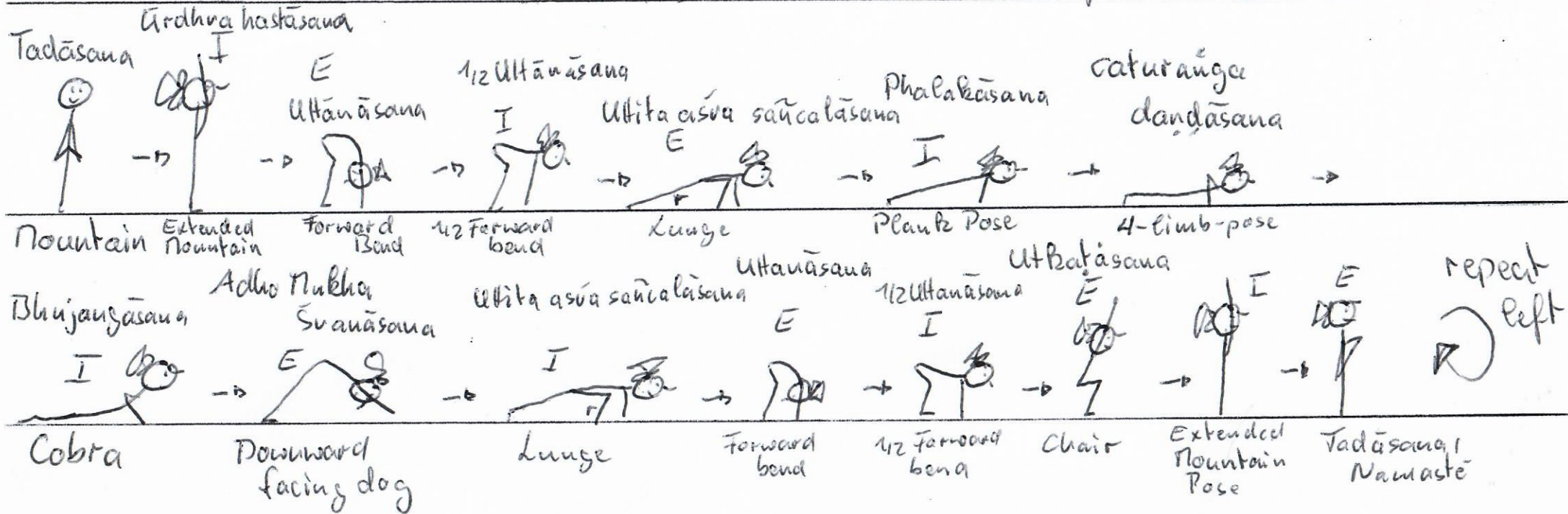


Anusara Sun Salutation A modified with chair

29.05.19



Surya Namaskar A

I: inhale
 E: exhale
 r = right
 e = left