



Sun Salutation A



Starting



Arms Overhead



Forward Fold



Halfway Rise



Forward Fold



Plank



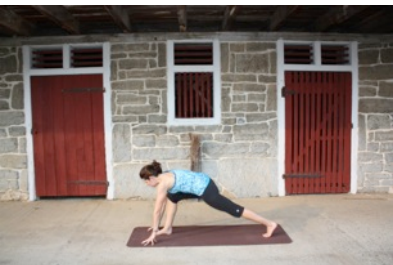
Lower to the Ground



Cobra



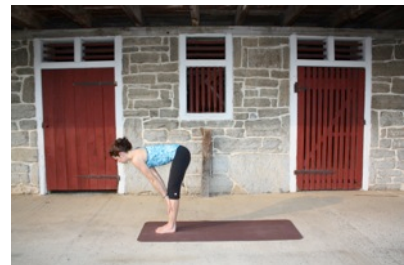
Downward Facing Dog



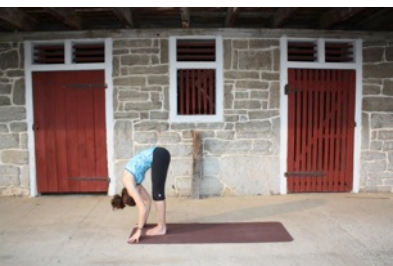
Step Forward



Forward Fold



Halfway Rise



Forward Fold



Arms Overhead



Ending