

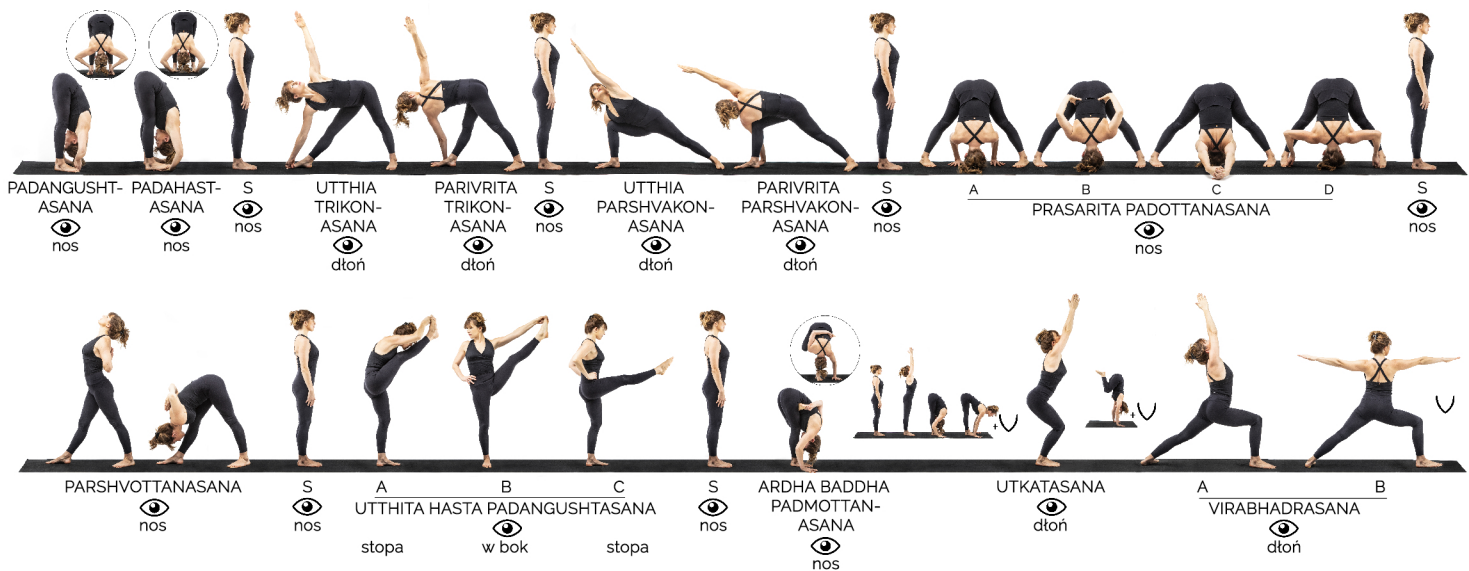
Surya Namaskar A x 5



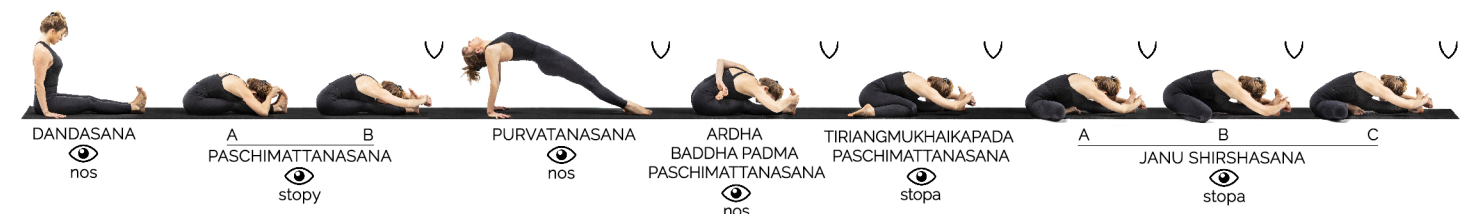
Surya Namaskar B x 3



Pozycje stojące

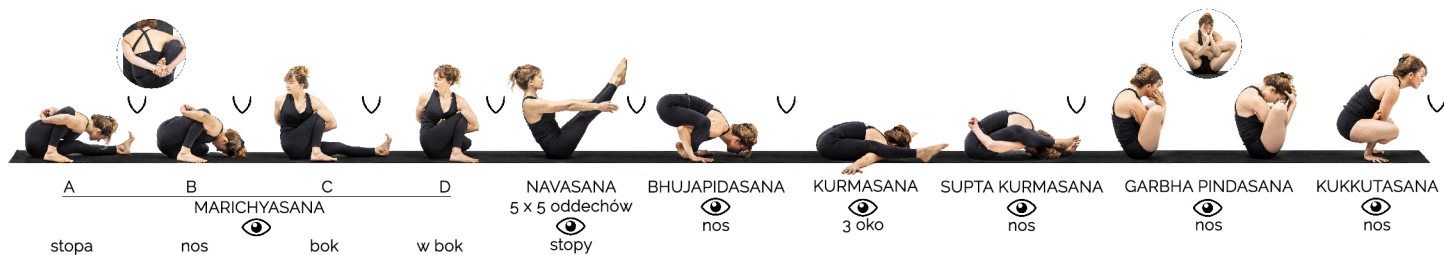


Pozycje siedzące



U =





CHAKRASANA