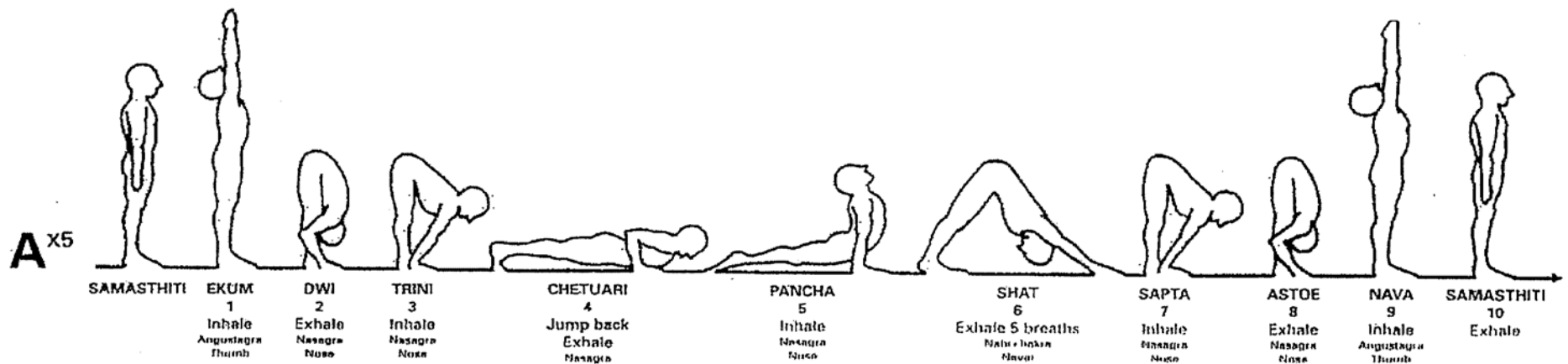


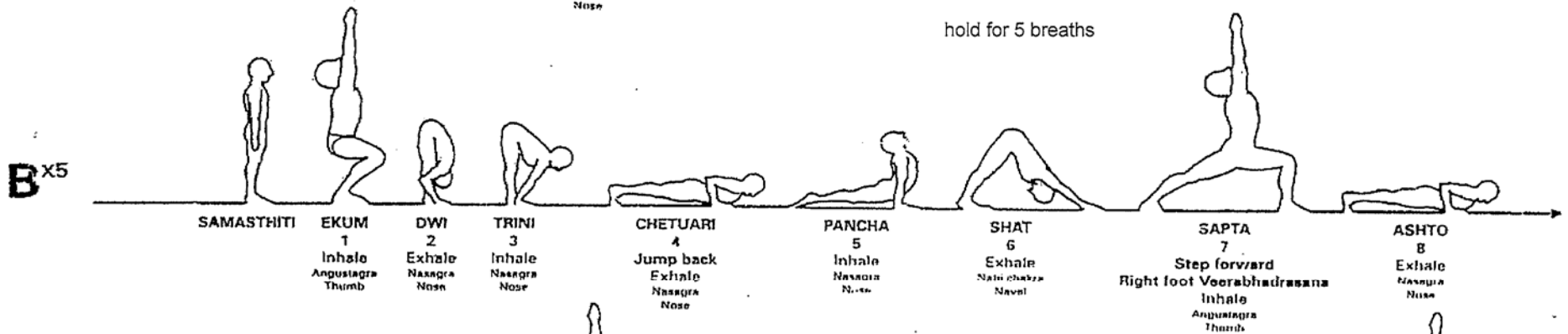
# SURYANAMASKARA A&B

Opening Mantra

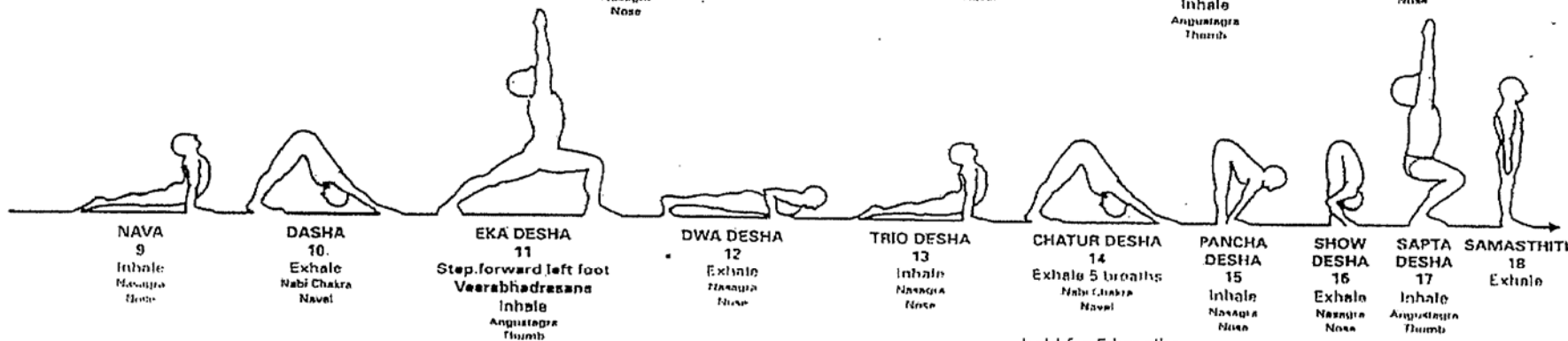
Om/Vande gurūnam caranāravinde/  
 Sandarśita svātmasukhāvabodhe/  
 Nihśreyase jāngalikāyamāne/Samsāra hālāhala mohaśāntyai/  
 Abāhu purushākāram/Sankha cakrāsi dhārinam/  
 Sahasra śirasam śvetam/Pranamāmi patanjalin/Om



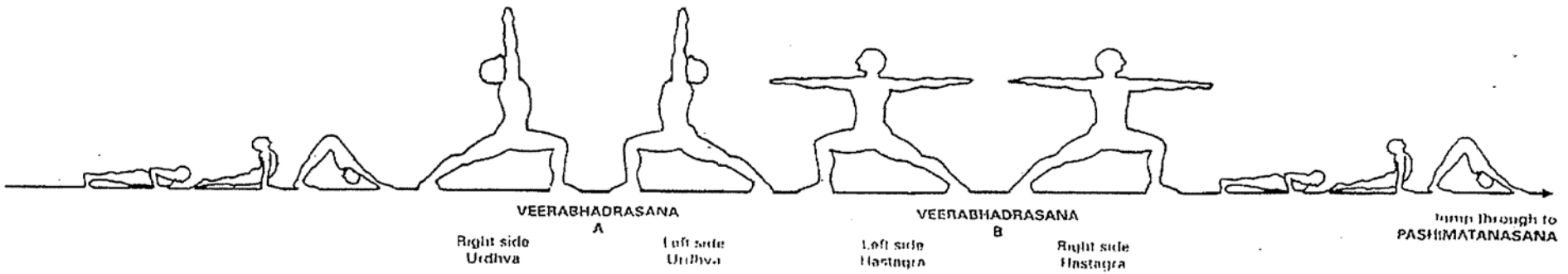
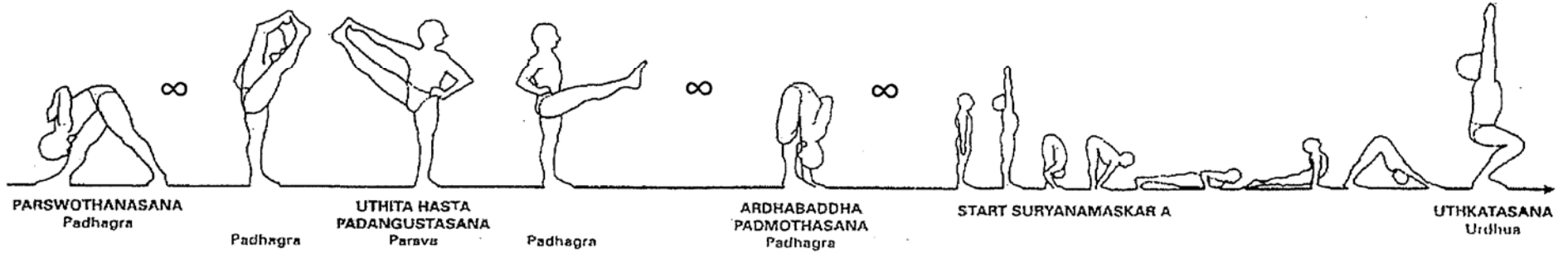
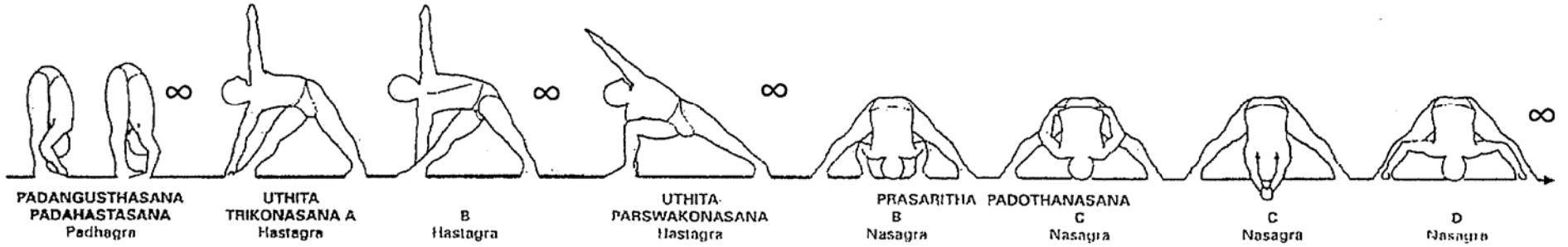
hold for 5 breaths



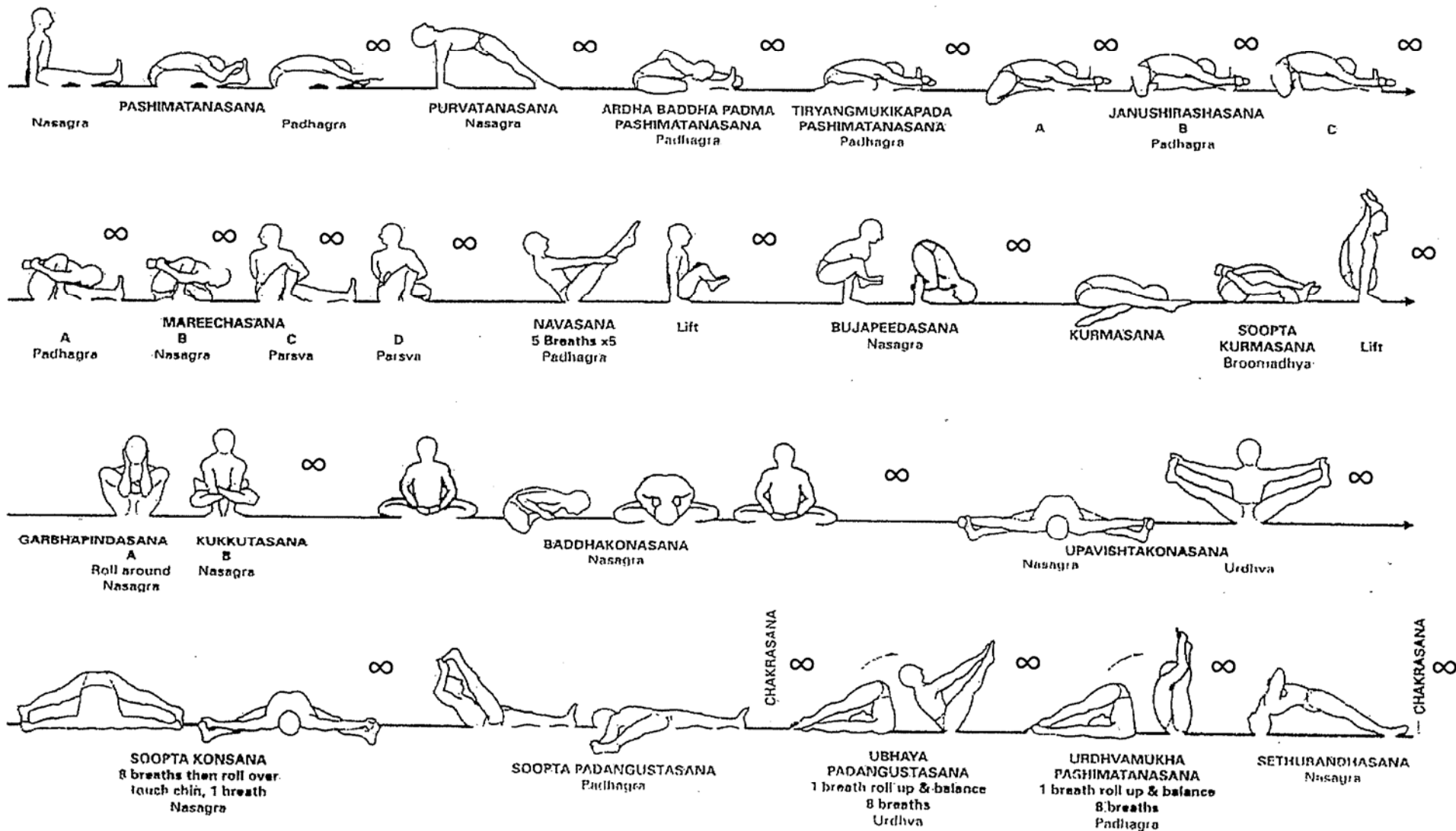
hold for 5 breaths



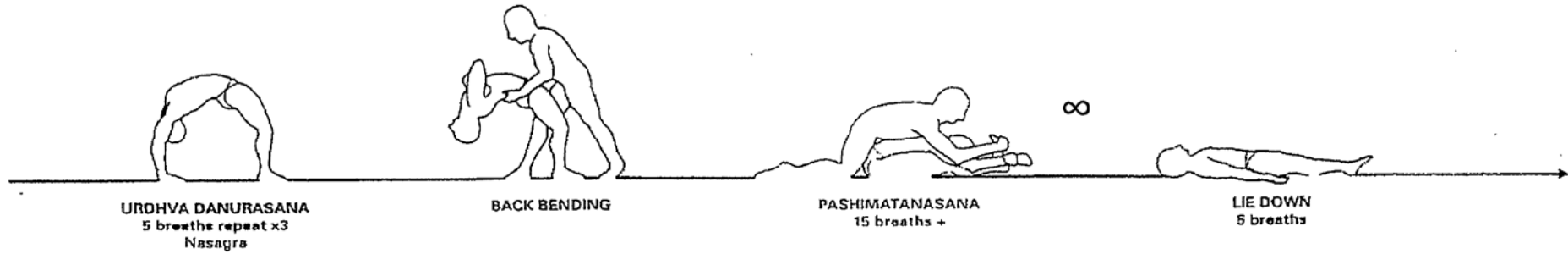
# STANDING ASANAS



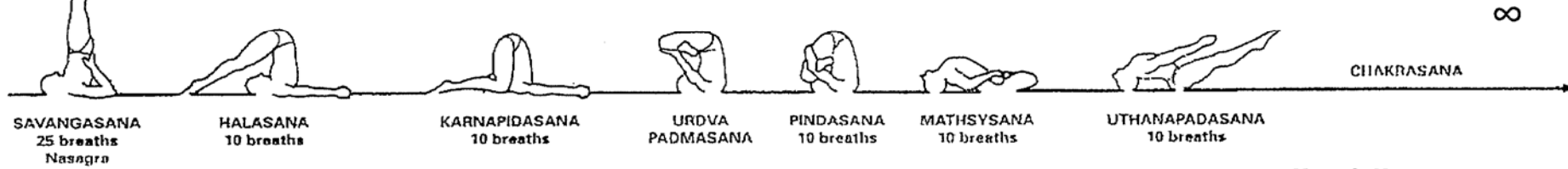
# PRIMARY SERIES



# BACK BENDING



# FINISHING ASANAS



## Mangala Mantra

svasti prajābhyah paripālayantām  
 nyāyena mārgena mahim mahiśā  
 gobrahmanebhyah śubhamastu nityam  
 lokāh samastā sukhino bhavantu  
 Om śāntiḥ śāntiḥ śāntiḥ

