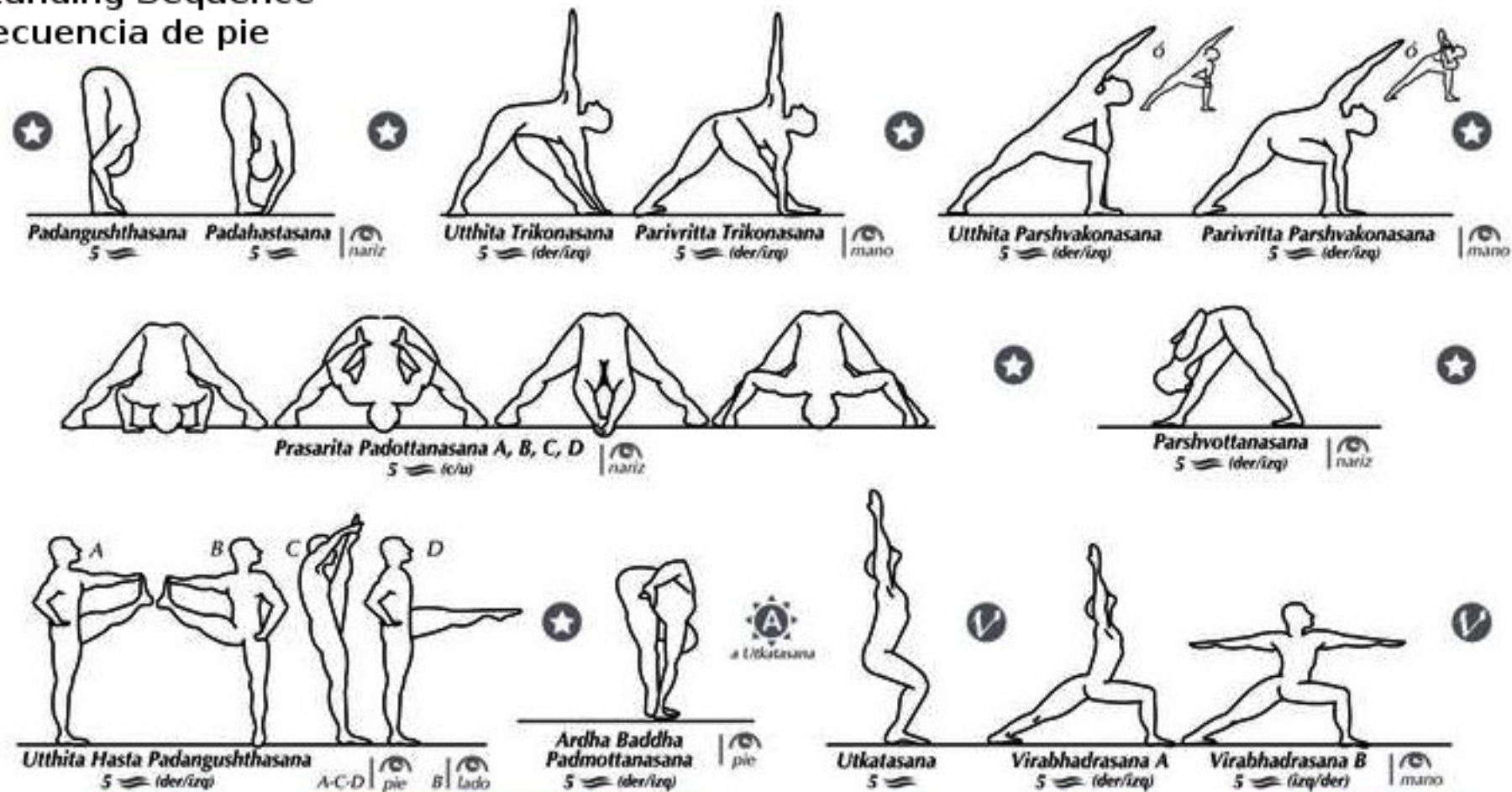


Standing Sequence

Secuencia de pie



Suryanamaskar



Samastithi



Dristhi



Respiraciones



Vinyasa



Chakrasana

