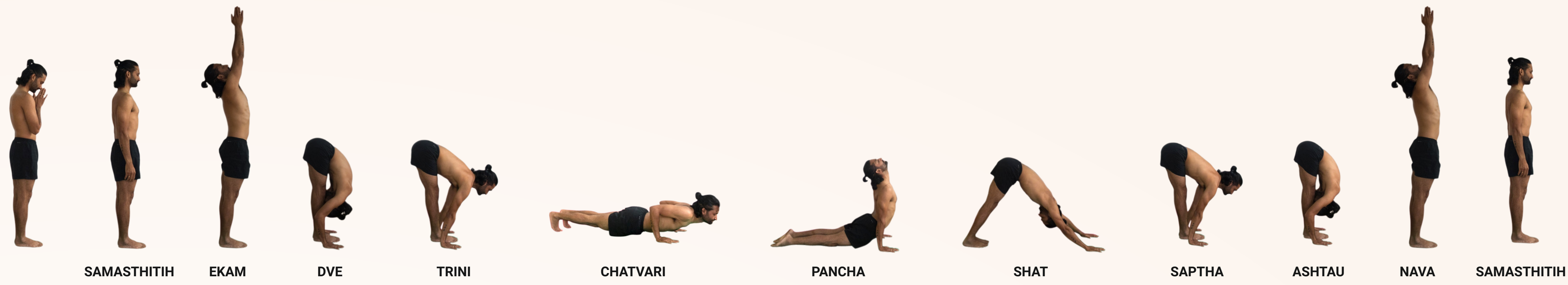
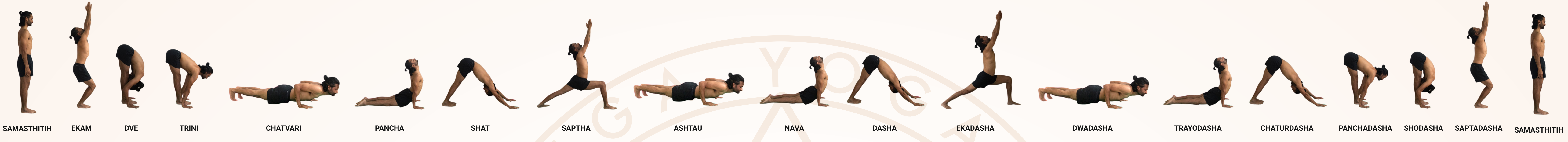


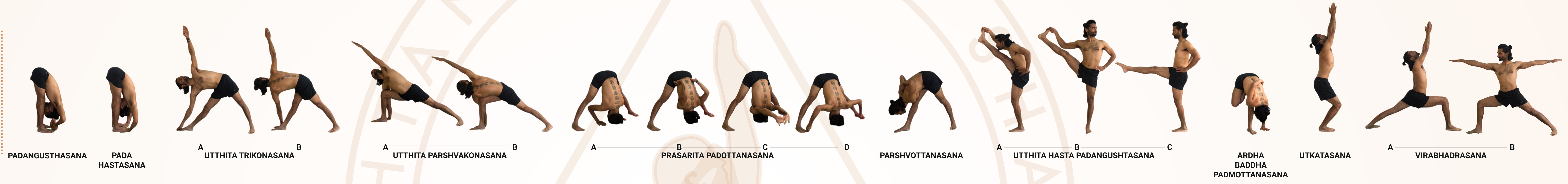
Sachin Badoni Authorized Teacher  
by R. Sharath Jois  
पुष्पा तौरोडा = अष्टांग प्रोत्साह्य इतिहास



SURYA NAMASKARA B



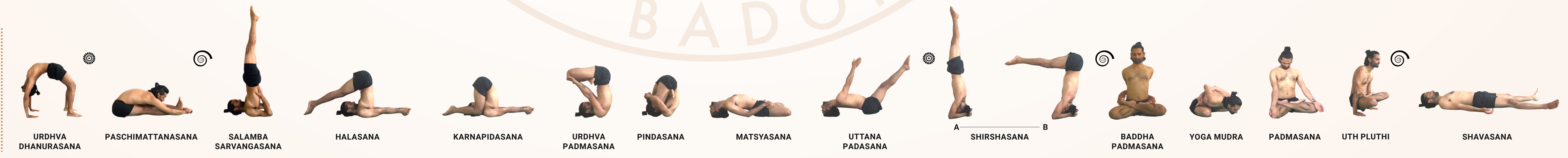
STANDING  
SEQUENCE



SEATED  
SEQUENCE



FINISHING  
SEQUENCE



VINYASA

CHAKRASANA