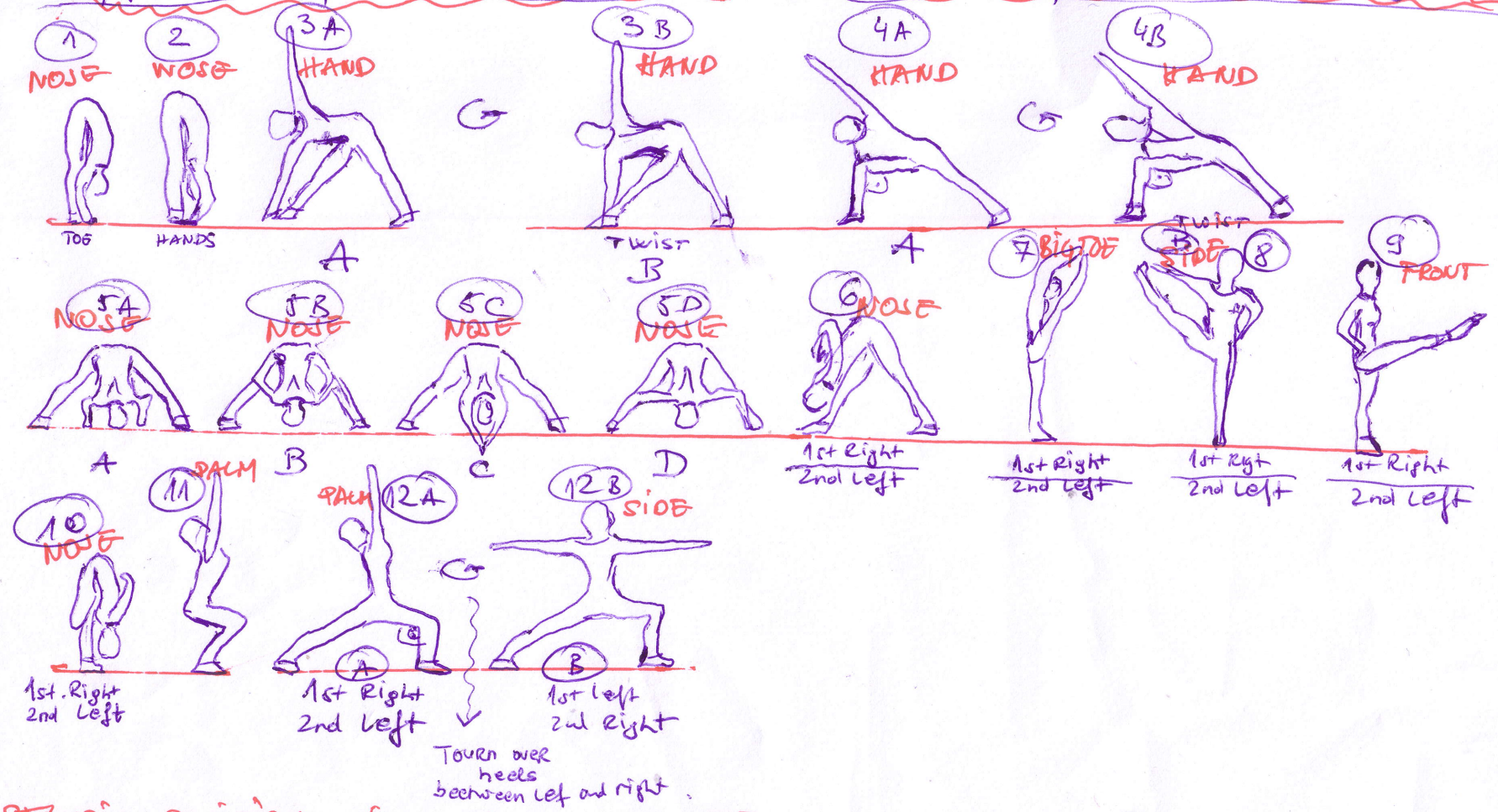
PRIMARY SERIES – STANDING POSITIONS → www.AYRI.ORG

According to P. Jo



STANDING POSITION: FIRST Right, SECOND LEFT
Bending and twisting of the spine exhalation
elongation of the spine inhalation.
holding the Position (Asana) 5 Breaths.

Painted by: NATASA@ASHTANGAWORLD.NET; +43 664 9500 5870
www.ASHTANGAWORLD.NET
YogaBlog: NEW.ASHTANGAWORLD.NET