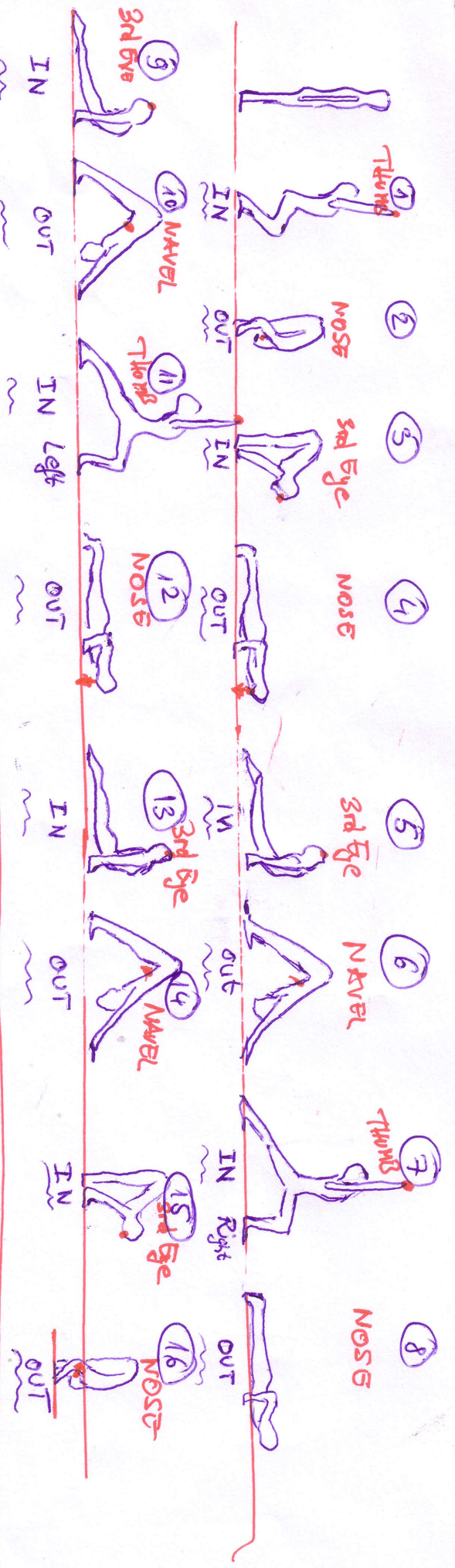


SUNSAUTIKION B = SURYANAMASKARA - B

17 Counts



IN (INHALE)
OUT (EXHALE) } ATMUNG, BREATH

THUMBS = DAVHENU
NOSE = KASE
NAVEL = NABEL
THIRD EYE = 3tes AVGE

DRISTIS
= FORUS & AVGEN

EACH POSITION (STAVVU/KSANT) IN ONE COUNTS ONE BREATH

NATASA @ ASHTANGAWORLD. NET ; +43 664 4700 48 30
www.ashtangaworld.net ; Blog ; www.ashtangaworld.net