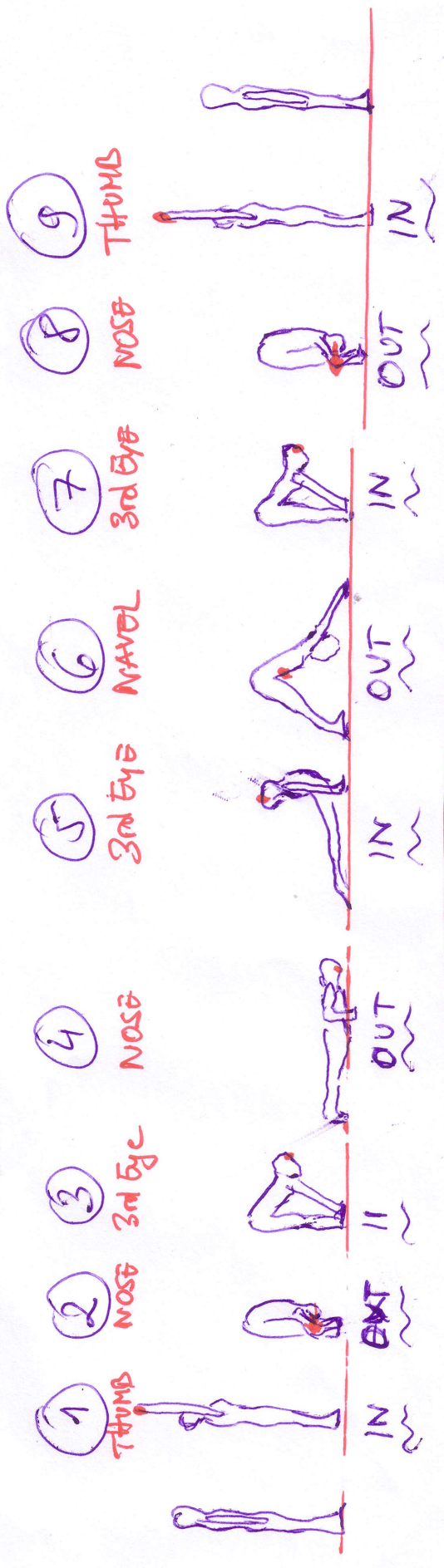


SUN SALUTATION (A) = SURYANAMASKARA - B | 9 counts



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

THUMB ↗ DAUMEN } DRISTIS
 NOSE ↗ NASE }
 NAVEL ↗ NABEL } = FOKUS DER AUGEN
 3rd Eye ↗ 3tes Auge }

EACH POSITION (STELLUNG / ASANA) IN ONE COUNT = ONE BREATH

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