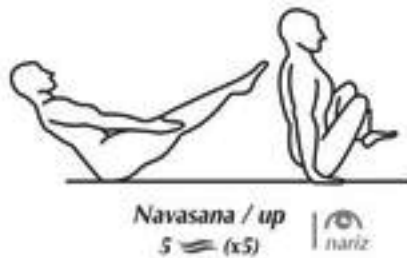
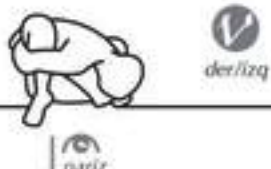


# First Series - Sitting positions, part A

## Serie Primaria - Posturas sentadas, parte A



Suryanamaskar



Samastithi



Dristhi



Respiraciones



Vinyasa



Chakrasana

