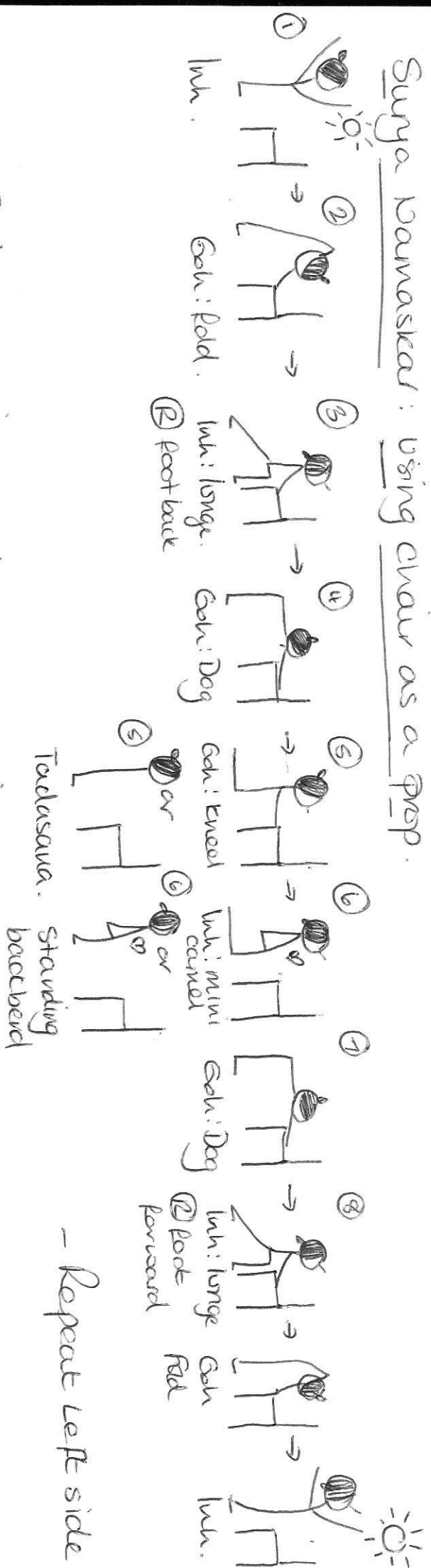
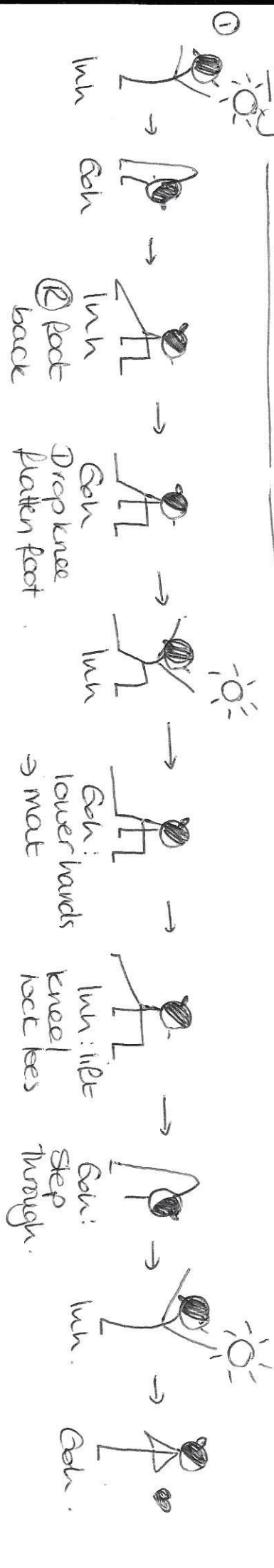


Surya Namaskar : Using chair as a prop.



\* Note : Begin + End with hands at heart in arijati mudra.

Surya Namaskar - Anjali : 1/2 sun salute (non-weightbearing / no pressure on abdomen).



Janice @ Hoop  
Radiance