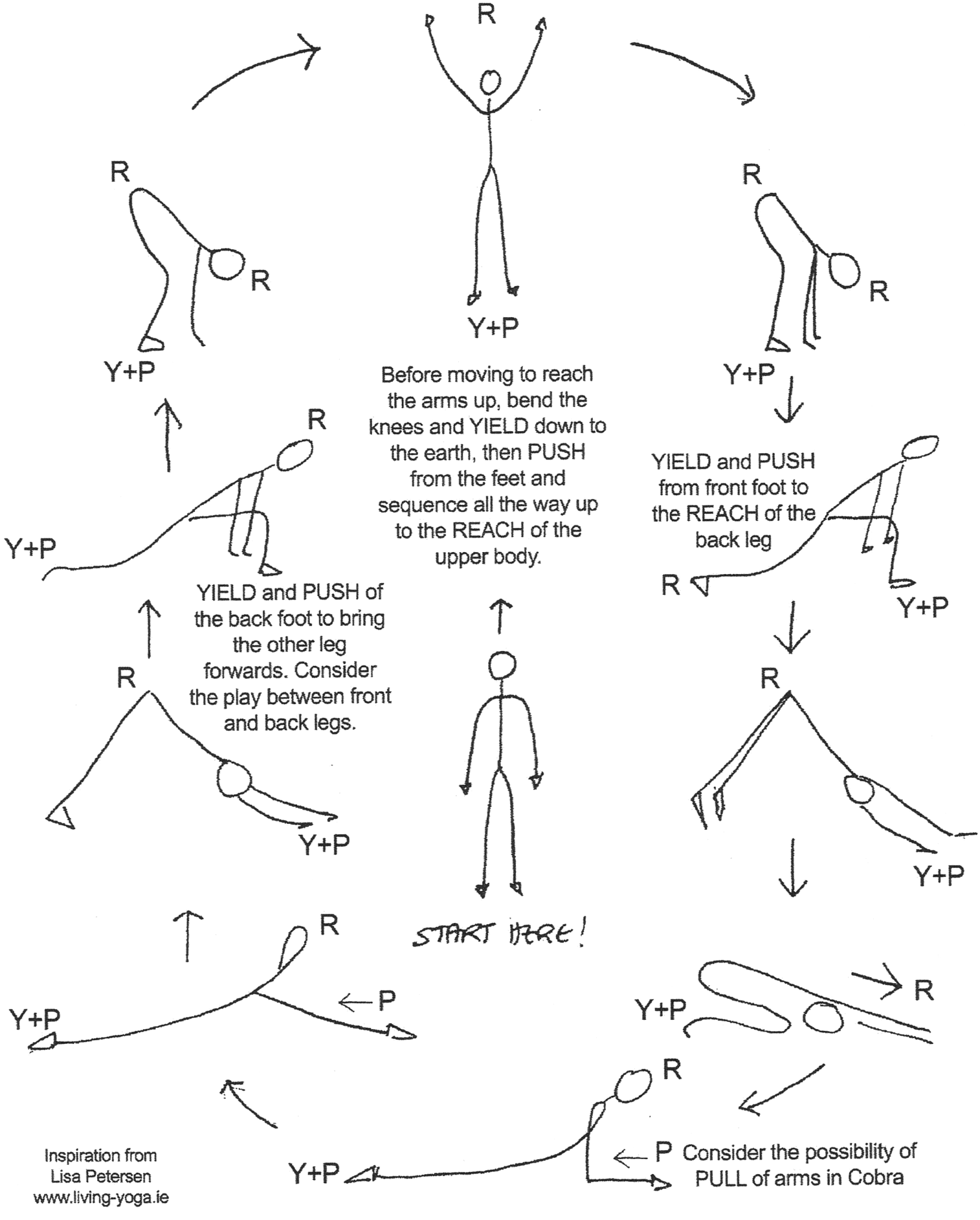
Surya Namaskar - The Sun Salutation
Yield ~ Push ~ Reach ~ Pull Patterns



Inspiration from
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www.living-yoga.ie