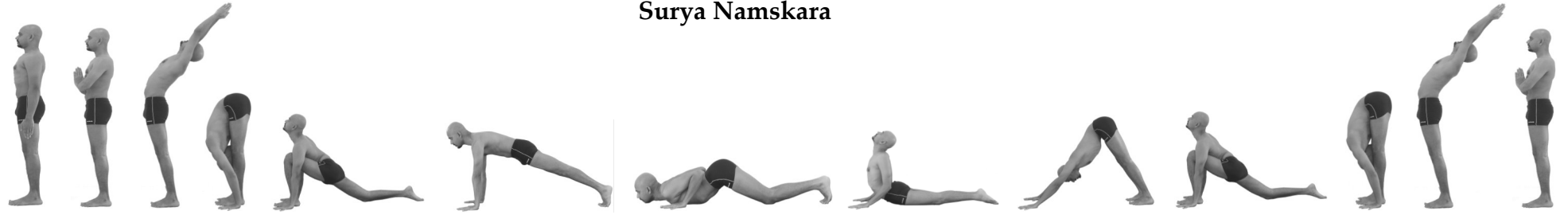


### Hatha Yoga Module I Surya Namskara



Shavassana– Relaxation