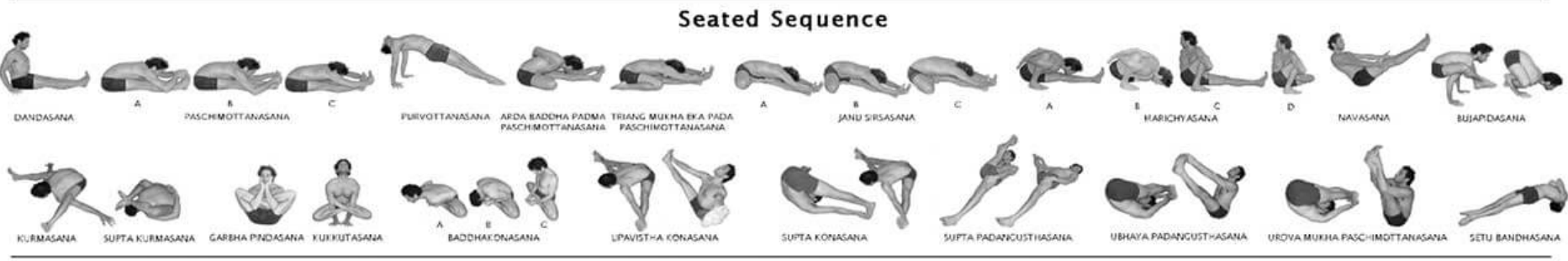
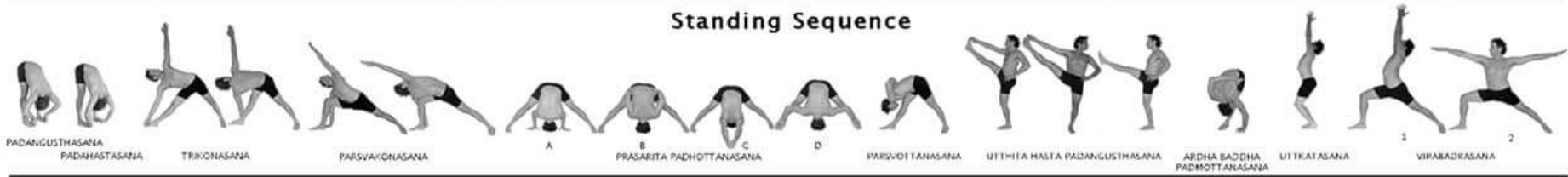
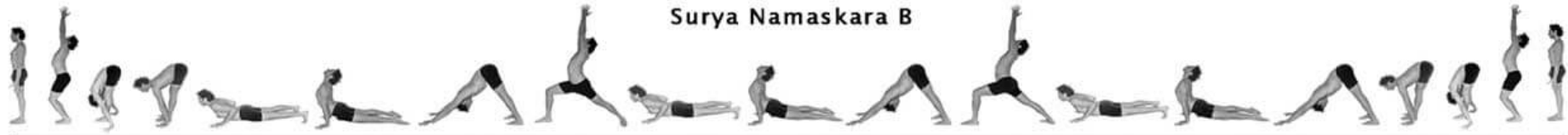
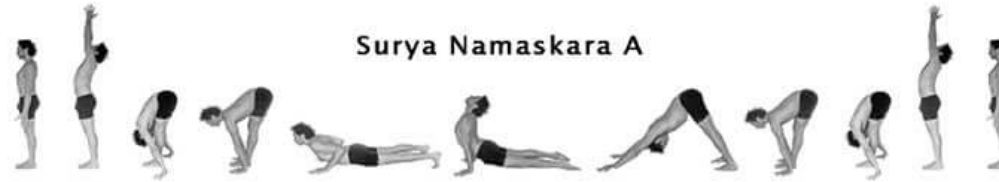


Ashtanga Yoga Primary Series



The practice should only be undertaken with the guidance of an experienced teacher.