

# *SALUTATION A* ASHTANGA YOGA



*SAMASTHITI*



*INSPIRE*

*1/ EKAM*



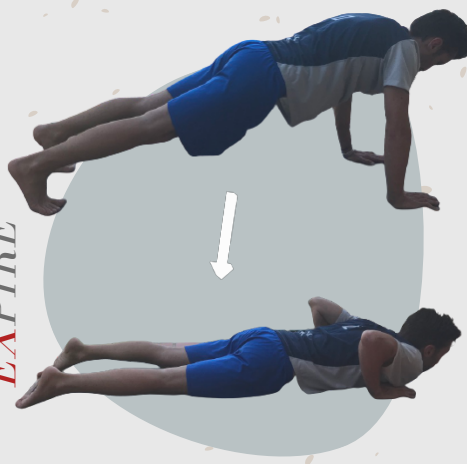
*EXPIRE*

*2/ DUE*



*INSPIRE*

*3/ TRINI*



*EXPIRE*

*4/ CATUARI*



*INSPIRE*

*5/ PANCHA*

# *SALUTATION A* ASHTANGA YOGA

*(suite)*

*EXPIRE*



*6/ SAT :  
5 RESPIRATIONS*

*INSPIRE*



*7/ SAPTA*

*EXPIRE*



*8/ ASTAU*

*INSPIRE*



*9/ NAVA*

*EXPIRE*



*SAMASTHITI*