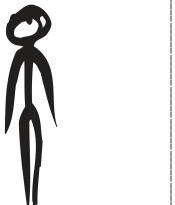
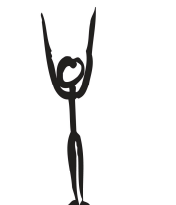

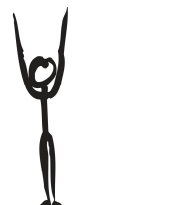


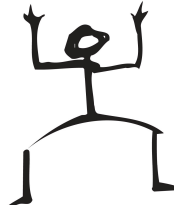




















Chandra Namaskara

Moon Salutation

 Tadasana	 Utthitta Tadasana	 Standing Side Bend R	 Utthitta Tadasana	 Standing Side Bend L
 Utthitta Tadasana	 Goddess	 5-Pointed Star	 Utthita Trikonasana R	 Parsvottanasana R
 Anjaneyasana R	 Utthita Parsvakonasana R	 5-Pointed Star	 Utthita Parsvakonasana L	 Anjaneyasana L
 Parsvottanasana L	 Utthita Trikonasana L	 5-Pointed Star	 Goddess	 Utthitta Tadasana
 Standing Side Bend L	 Utthitta Tadasana	 Standing Side Bend R	 Utthitta Tadasana	 Tadasana