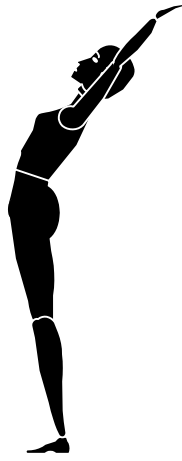


Salute to the Sun



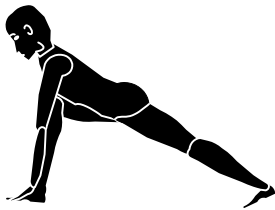
Tadasana



Urdhva Hastasana



Uttanasana II



lunge



Adho Mukha Svanasana



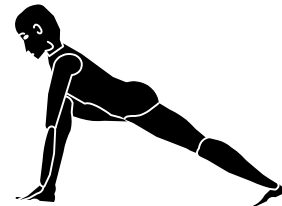
Caturanga Dandasana



Urdhva Mukha Svanasana



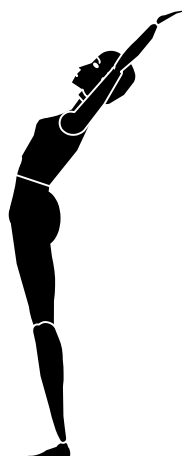
Adho Mukha Svanasana



lunge



Uttanasana II



Urdhva Hastasana



Tadasana

This programme was devised by Alicia Lester based on 'Light on Yoga' and her training at the Ramanamani Iyengar Institute in Pune, India. The figures were produced by Bill Grainger. Only perform the asanas you have been taught by a teacher and are happy doing on your own, as these lessons are only meant to be 'aide memoires', not instructions.