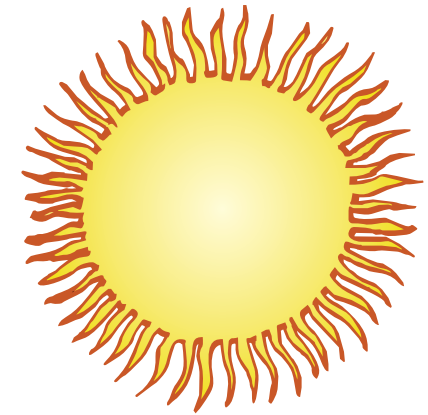


Surya namaskara



Innpust...

1



2



utpust...

3



helt inn...

4



helt ut...

5



holde pusten ute...

6



Helt inn...

7



helt ut...

8



helt inn...

9



helt ut...

10



innpust...

11



utpust

12