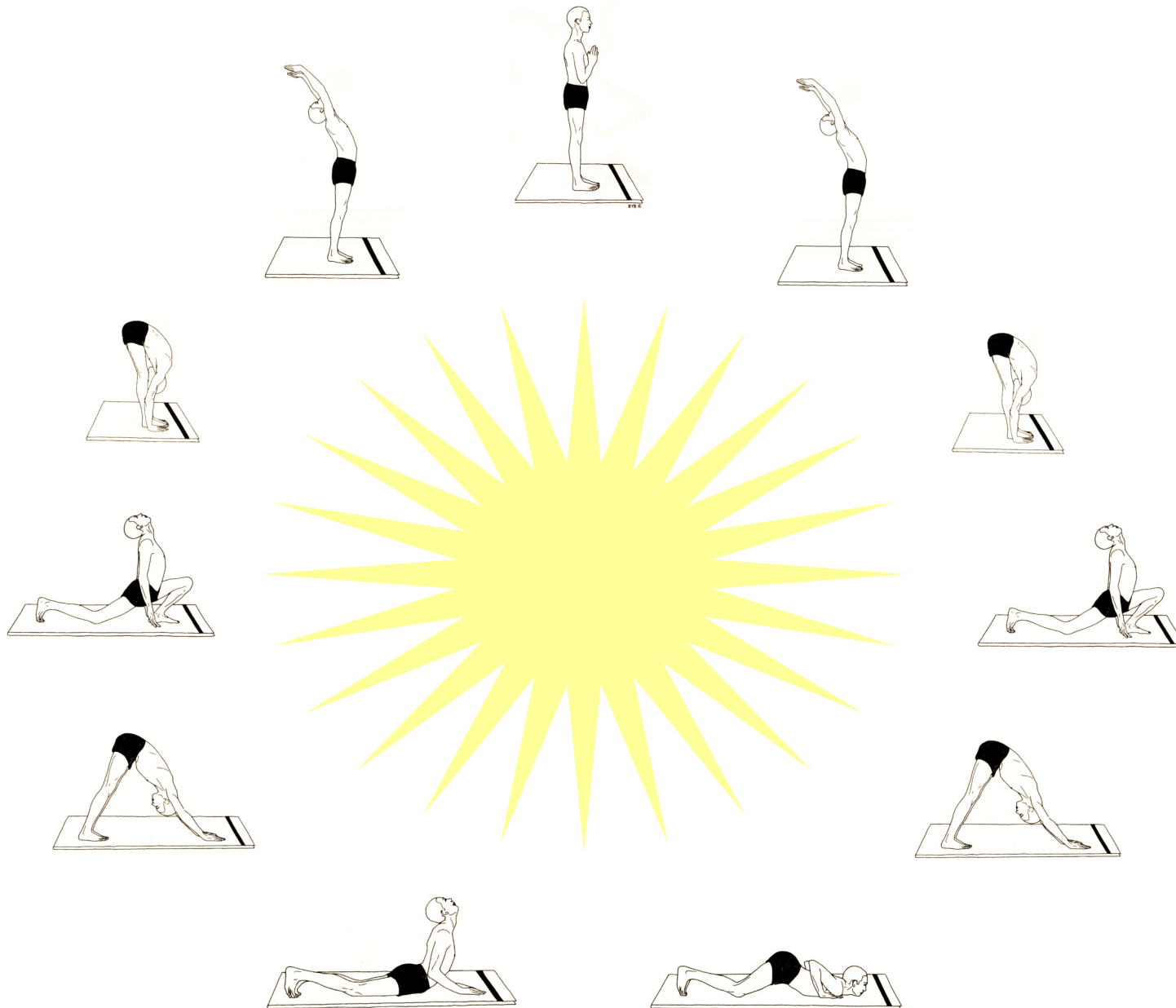
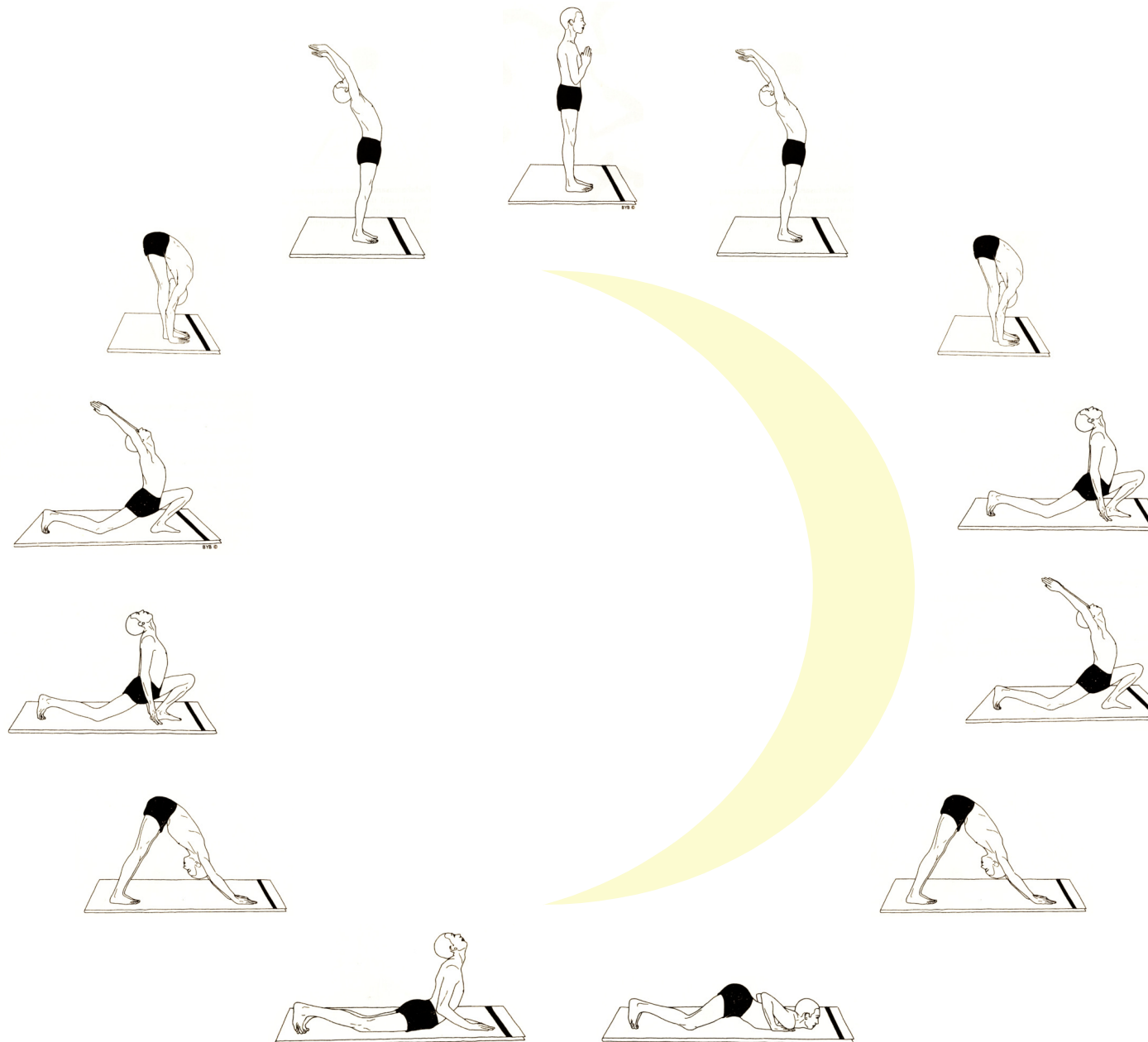


Surya Namaskara – Salutation to the sun



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Chandra Namaskara - Salutation to the moon



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