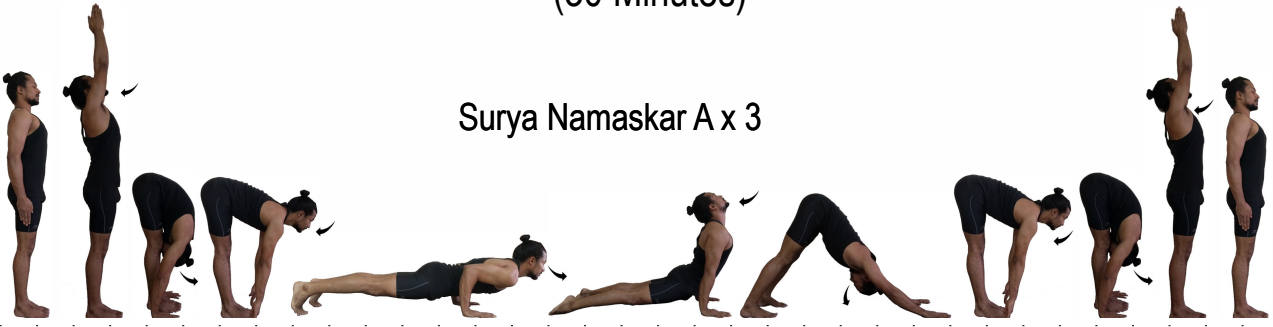


# Ashtanga Vinyasa Yoga Short Sequence (30 Minutes)

## Surya Namaskar A x 3



## Surya Namaskar B x 3



∞ = Jump Back Vinyasa

