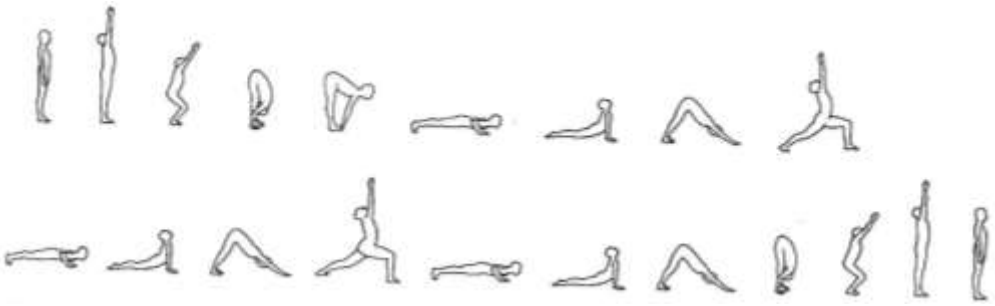
ברכות לשמש-surya namaskar

Surya namaskar 1

Surya namaskar 2

Surya namaskar 3